

The Great Outdoors Issue

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Men's Health

SINGAPORE
SEPTEMBER 2015

SINGAPORE'S NO. 1 MEN'S MAGAZINE

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P108



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HELP WITH
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LOSS?



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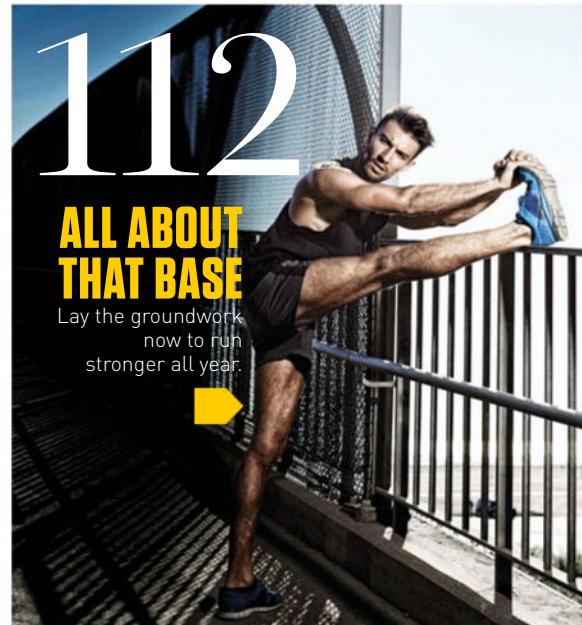
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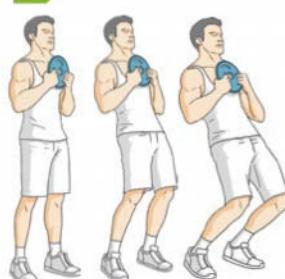


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Men's Health Singapore is published by SPH Magazines Pte Ltd, 82 Genting Lane, Media Centre Level 7, Singapore 349567.

Tel: 6319-6319, Fax: 6319-6055,

E-mail: magmenshealth@sph.com.sg

Distributed by Circulation Department, Singapore Press Holdings Ltd. Printed by timeprinters, Singapore registration no. 196700328H.

SPH Magazines registration no. 196900476M, ISSN 0217-8274, MCI (P) 047/05/2015

Distributed in Vietnam by XunhaSaba Corporation.

Distributed in Hong Kong by Foreign Press Distributors Ltd.

Call 6388-3838 for back issues. E-mail: circs@sph.com.sg.

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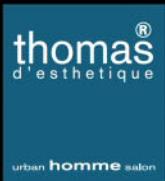
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Men's Health ED'S NOTE

GET OFF YOUR BUTT

Personally, I think meditation as a way of chilling out is for chumps. I'm an outdoor guy at heart – give me a thrilling 10-goal football game, a hike in East Timor's mountainous regions or driving a hot sports car at the Sepang racetrack instead. And the science backs me up.

Adventure challenges emulate mindfulness by anchoring you in the here and now, and give you the mental perspective needed to vaporise everyday worries. "Meditation puts you in a 'mindful' state, whereas in an adventure sport, the experience simply does it for you," says psychologist Eric Brymer.

If you're of the same ilk, you'll find this issue chock-full of worldly wisdom for better thrill-seeking. There's guidance ranging from style tips on the best military watches to partner you on your travels, to bucket lists to achieve adrenalin zen. One of our writers even went to Thailand, the birthplace of muay thai, to learn from a local master about the martial art!

The world's awaiting, gentlemen. Go forth and explore!

Kelvin

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5 SKILLS YOU'LL HAVE MASTERED AFTER READING THIS ISSUE



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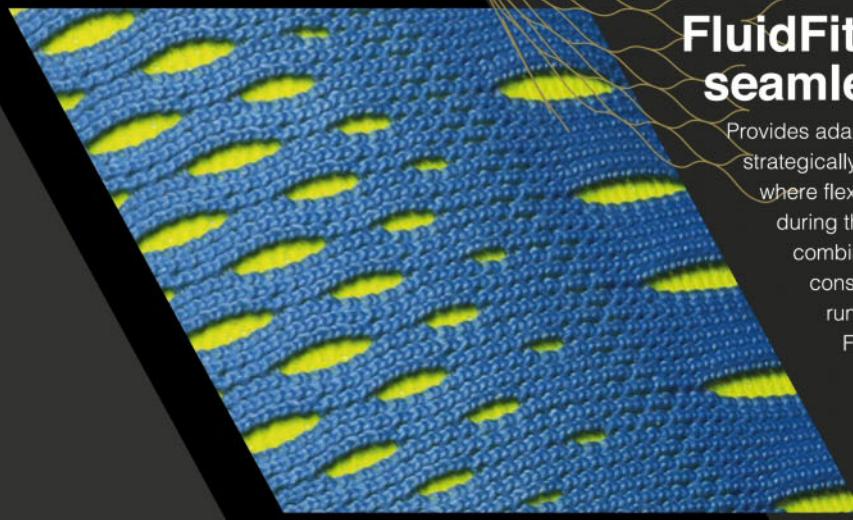
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ASK MEN'S HEALTH

LIFE'S QUESTIONS ANSWERED



You'd be forgiven for thinking that a completely raw diet is only for the barking mad.

■ SOURCE: FRONTIERS IN AGING NEUROSCIENCE ■ PHOTO: TOBIAS SCHULT/CORBIS

ARE RAW DIETS REALLY WORTH IT?

— Jeff

Here's the premise behind putting away your frying pan: When you eat food raw, you consume key nutrients and enzymes that would be destroyed during cooking. The flaw in this logic is that the enzymes won't survive the stomach acids released during digestion anyway, explains Katherine Tallmadge, an American nutritionist. And while heat can decrease the nutritional content of some produce, it can also boost your absorption of antioxidants and vitamins from tomatoes,



I TEND TO SLOUCH WHEN I STAND. WHAT CAN I DO TO IMPROVE MY POSTURE? – Andrew

Keep your chin up. No, really. Every time you catch yourself slouching, imagine a taut string protruding from the top of your head, then picture pulling the string into vertical alignment with your body, says Dr Kenneth Hansraj, chief of spine surgery at the New York Spine Surgery & Rehabilitation Medicine. You also need to shore up your core. A lot of men tend to slouch because of weak pecs and abs, two muscle groups that help keep your spine straight, Dr Hansraj says. To add muscle to your middle, do 25 push-ups and a one-minute plank daily. And before bed, do some stretching, suggests physical therapist Roy Film. Lie on the floor and place a rolled-up towel under the most rounded part of your mid-back. Then raise your arms over your head. Hold this position for around two minutes and then lower your arms. Repeat for 15 to 20 minutes. Roy says this will target tight ligaments and

fascia along your spine that may be restricting your ability to stand at attention.

MY GRANDPA HAD ALZHEIMER'S. HOW CAN I KNOW FOR SURE THAT MY FORGETFULNESS ISN'T AN EARLY SIGN OF THE DISEASE? – Brendan

So you forgot your neighbour's name that one time. If it popped up a few hours later, you probably just had a brain fart. Such memory lapses shouldn't be taken too seriously, since they're likely to happen when you're stressed, anxious, depressed or not sleeping enough, says neuroscientist Dr P. Murali Doraiswamy. But if forgetfulness begins to affect your daily life – say you spaced on how to get to work – see your doctor. The fact that your grandfather had Alzheimer's means your risk could be tripled, says Dr Doraiswamy. Even if you're given the all clear, keep beefing up your brain's resiliency, he adds. Walking or jogging a few times a week can prevent brain atrophy – one hallmark of Alzheimer's.

LEGAL EASE

CAN A CAR INSURER REPUDIATE A POLICY AFTER MY CAR ACCIDENT? – Roy

Yes, it can, says Samuel Seow, managing director of Samuel Seow Law Corporation. "However, you probably have had contributed to the damage through negligence or some kind of dubious activity for it to do so." Reckless or drink driving, or getting into an accident while driving a not road-worthy vehicle are all reasons for an insurer to repudiate an insurance policy. If your insurer repudiates liability by mistake, you can engage your own lawyer to dispute this repudiation.

Do you have a question about the law that you want to find out? Please send it to us at magmenshealth@sph.com.sg.

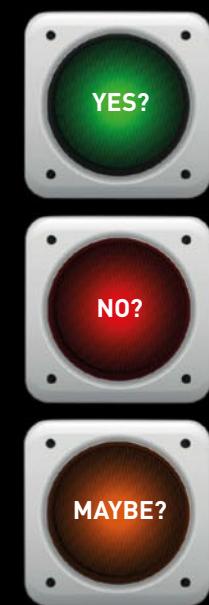
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IS IT UNHEALTHY TO LET MY DOG LICK MY FACE? – Joseph

MAYBE

Canines carry hundreds of types of bacteria in their mouths, some of which can cause disease in humans, says veterinarian Jason Stull, an assistant professor of veterinary medicine at Ohio State University in the US. Granted, the key word here is "can," since most guys' immune systems are strong enough to fight off these bugs, says Dr Stull. For people with weaker immune systems, however – including children, pregnant women and the elderly – the slobbering can be more serious. Worst case, they could contract the bug Capnocytophaga, which is found in most healthy dogs and may cause blood and brain infections. You need to enforce a new policy: "No tongue allowed." If you're still getting face baths, find a behavioural specialist... for the dog!

carrots and broccoli.
Plus, some foods have certain things – like E. coli and salmonella – we want cooking to kill. That's why going raw usually means cutting out meat, fish and dairy. The one upside to the diet? Adherents eliminate processed foods and often lose weight as a result. Of course, you can just adopt that strategy and still have your steak and eat it, too.



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► Take this lying down. On your back, warm up the muscles around your lungs by inhaling for a count of three, exhaling for four. Now you're primed, ready for the hard work.

EXPLOSIVE BREATHING SETS

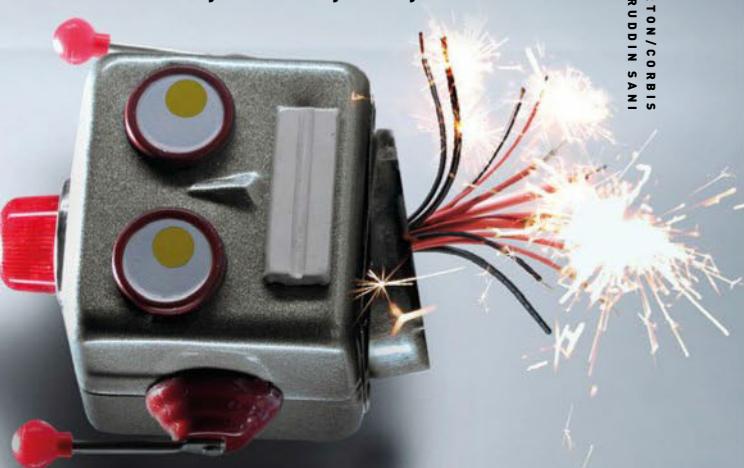
► Sit up straight. Inhale deeply for a count of four. Tense your abs and exhale and inhale 20 times in quick bursts through your nose. Try this every other morning. Win.

Breathe deep! Increasing lung power needn't be a slog. This Olympic trick will make you fitter in the pool and faster on the pavement.



DON'T SHORT- CIRCUIT YOUR BRAIN

Think before you google: Relying too heavily on search engines could mess with your mind. In a Canadian study, people who spent 20 minutes or more per day looking up information on their smartphones performed up to 19 percent worse on cognitive tests than those who used their devices less. Study author Nathaniel Barr says offloading tasks from your brain instead of solving a problem on your own may make you think less creatively and analytically.



■ PHOTOS (ROBOT) SIMON MILLS/CORBIS & (HANDS) C.J. BURTON/CORBIS ■ ILLUSTRATION KHOON LAY GAN/123RF ■ DIGITAL IMAGING ASHRUDDIN SANI

DRIVE AWAY STROKES

More reason to be a man with a plan: **Having a sense of purpose in life can lower your risk of brain tissue damage**, reports a recent study in the journal *Stroke*. Researchers found that people who felt their lives had meaning were roughly half as likely to have suffered macroscopic infarcts. These are small areas of dead brain tissue caused by blocked blood flow. Study author Dr Patricia Boyle suggests that the positive effects of taking up a hobby or volunteering can act as a buffer against age-related brain conditions.

The nap duration (in minutes) that can preserve your memory five times better than if you hadn't napped at all.

SOURCE: *NEUROBIOLOGY OF LEARNING AND MEMORY*



DITCH SOCIAL MEDIA

Why? Because **physical interaction edges you one step closer to reversing age-related muscle degeneration**, the kind of damage once considered irreversible. According to researchers from the University of California, seeing friends who you trust boosts levels of the mood-enhancing hormone oxytocin.

BLOODY CLUES

A Scripps Research Institute study reports that a **simple blood test** can predict whether you're going to have a heart attack. Compared with healthy people, heart attack patients had more than 100 times as many endothelial cells (which normally line arteries) floating in their blood.



ERASE YOUR AGE THE YOUTH SERUM

Eating a serving or two of leafy greens every day may slow your rate of cognitive decline to that of someone 11 years younger, according to new research from Chicago's Rush University.

HOW TO TAKE IT Pile your plate with spinach, kale and collard greens. They contain folate, beta-carotene, vitamin K and lutein – the nutrients likely responsible for brain protection, says study author Martha Clare Morris.

NUTRITION

BULLETIN

BEET DOWN BLOOD PRESSURE

Start rooting out hypertension.

The naturally occurring nitrates in beets may help fight high blood pressure,

say British researchers.

People with hypertension who drank about a cup of beet juice with nitrates daily for a month saw their BP drop noticeably compared with that of people who

drank beet juice without them. Plus, their endothelial function – the ability of blood vessels to expand and contract – improved by about 20 percent. Nitrates convert into nitric oxide when digested, lowering BP within a few hours, the scientists say. No need to swig: Eat one or two beets a day to produce similar benefits.

DON'T SLEEP WITH FISH – EAT THEM

Give your diet a sea change. A Chinese study suggests that **consuming fish may help protect you from liver cancer.**

People who ate the most fish had an 18 percent lower risk of liver cancer than those who ate the least. The omega-3s may help stop your immune system from flaring up, reducing cancer-causing inflammation. For every serving of fish you eat per week, you may net a 6 percent decrease in your liver cancer risk.

03

The number of cups of coffee you should drink daily to optimise the Java's artery-friendly benefits.

SOURCE: HEART

WHAT THE HECK IS THAT?

Term: Organosulfur compounds.

What they do: Stave off stomach cancer.

How to eat more: Choose foods in the allium family, such as onions, garlic, leeks or shallots. People who ate around two onions a week had a 41 percent reduction in their stomach cancer risk, an Italian study found. Slice a few onions and cook them with a bit of oil on medium low for 30 to 45 minutes, stirring frequently until caramelised. Then use them to top sweet potatoes, steak or pizza. Or stir them into sour cream for a French onion dip.



PLAY SPIN THE JUICE BOTTLE

Time to re-evaluate those liquid assets. In a recent Dutch study, scientists tested eight varieties of store-bought bottled juices to find out which ones contained the most antioxidant phenolic compounds per litre. Choose juices at the top of this chart.

JUICE	PHENOLICS (mg)
ELDERBERRY	3,521
POMEGRANATE	2,684*
BLUEBERRY	1,524
BEET	1,243
APPLE-BERRY	1,029
CRANBERRY	882*
ORANGE	470
APPLE	400

*These bottled juices contained 50 percent water.

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FITNESS

BULLETIN

RULE REVERSAL

Old Rule Doing low-intensity "filler" exercises between sets of other lifts – jumping rope during rest periods for the bench press, for example – can accelerate your gains without compromising your performance.

New Rule Take a load off. Sitting for two to five minutes between sets may help you recover faster and more completely, allowing you to put more effort into each rep, say American scientists.



POWER BY DIVISION

If your goal is to jump higher, throw harder or sprint faster, **don't mix power and strength training**, say researchers in Greece. Their study found that men who did separate power workouts gained more explosiveness – a key element of athleticism – than those who folded power exercises into their strength sessions. The advice from these scientists? Once or twice a week, do three sets of eight explosive reps of the barbell squat, bench press, jump squat and broad jump. For the first two moves, use 30 percent of your one-rep max.

The percentage reduction in the quad activation of lifters when they squat with knee wraps versus without.

SOURCE: THE JOURNAL OF STRENGTH AND CONDITIONING RESEARCH

MAKE SOME WAVES



This is easy to grasp: Battling ropes exercises can make your metabolism skyrocket, say a new US study. Researchers found that using battling ropes for just 10 minutes can burn about 150 calories, putting it on a par with other popular metabolic training tools such as kettlebells. Cap off your next workout with this drill from study author Dr Charles Fountaine: Grab an end of the rope in each hand and begin making up-and-down waves. Go for 15 seconds and rest for 45 seconds. Do this 10 times.



HAVE LESS IMPACT

Your joints aren't made to withstand concrete, which means power-boosting plyometrics could wear them down. Perform your squat jumps and bounds on the rubber matting around park equipment to burn fat without feeling the fire in your knees.

THROW IN THE TOWEL

Something to wipe down slippery-when-wet bars is handy. But a towel can also supercharge your grip strength. Loop it over a bar, take an end in each hand and do five chin-ups. This upgrade will boost your bench press.



GO BIG, GROW BIG

You know that heavy lifting leads to faster gains. Now science explains why: **Lifting to failure with a heavy weight activates 53 percent more muscle fibres** than doing so with a light one, a study in the *European Journal of Applied Physiology* reveals. But don't abandon

light loads entirely. "While most of your sets should be in the six- to 10-rep range, doing occasional 20- to 30-rep sets will ensure that you hit both fast- and slow-twitch muscle fibres, maximising your overall growth," says lead study author Brad Schoenfeld.

WEIGHT LOSS

Bulletin



WEIRD SCIENCE THAT WORKS

► THE FINDING

Refrigerating rice can save you calories. Scientists in Sri Lanka say when rice is cooked with coconut oil and cooled, its concentration of resistant starch rises more than tenfold. This carb isn't easily broken down, so more of it could mean fewer calories – up to 60 percent fewer, preliminary research suggests.

► APPLY IT Use package directions to cook rice, adding 1 teaspoon of coconut oil per half cup of uncooked rice. For the full benefit, let it simmer for 40 minutes and cool for 12 hours. Reheat and serve.

BLAST FAT IN 3, 2, 1...

Leave it all at the finish line: **You only have to run 5km a week to burn fat**, report Danish researchers. Runners who logged at least 5km a week lost an average of 1½kg after a year. And that's without any diet changes. Those who also cut back on soft drinks, snacks and junk food shed 5½kg. The key to success? The will to lose weight, says study author Rasmus Nielsen. Those who took up running specifically to drop kilos experienced the best results.



The extra calories men consume on days they drink alcohol.

SOURCE: THE AMERICAN JOURNAL OF CLINICAL NUTRITION

MELT AWAY 5KG

Cut your gut without giving up the good stuff: **Even a modified Mediterranean diet can encourage weight loss**, say scientists in Germany. People who replaced the diet's standard olive oil with canola and walnut oil and ate two sweets a day lost an average of 5kg in 12 weeks, while folks on the traditional diet dropped less than half a kilo. More options and room for indulgence may help you avoid cravings and make a diet easier to stick to.

WHO CARRIES MORE WEIGHT?

Women use a more balanced attack in the battle of the bulge than men do. A Nielsen survey reveals that the fairer sex not only

exercise but also make more dietary changes. Most guys hit the gym but appear to have missed the memo on the importance of healthy eating.

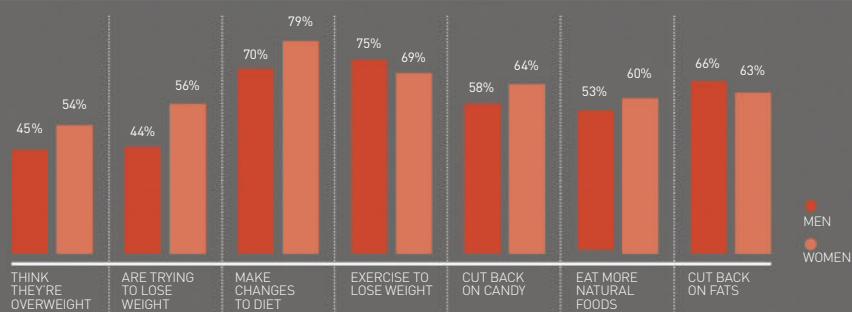


PHOTO: WOLF/CORBIS

SEX

BULLETIN

53

The percentage of women who are open to bringing a vibrator while travelling.

SOURCE: WE-VIBE

LIP SERVICE

Are you not paying her enough compliments? Around 97 percent of women are unhappy with their

bodies, which will lead to a **lower sex drive due to poor self-image**, according to a survey designed by American

psychologists. For best effect, make your compliments specific to her, without being overly sexual.

HOT GEEKS ARE IN

Time to put on your nerd glasses. A survey by tech company Crucial says that up to **84 percent of women prefer to be with men who are proficient in dealing with computers** than gym buffs (15 percent). Another study by Match.com noted that singles who work in the IT industry have more orgasms than those in other occupations. Hmm.

CLEAN UP AND TURN ON

It pays to be tidy. Women actually pay close attention to how clean or dirty their date's apartment is,

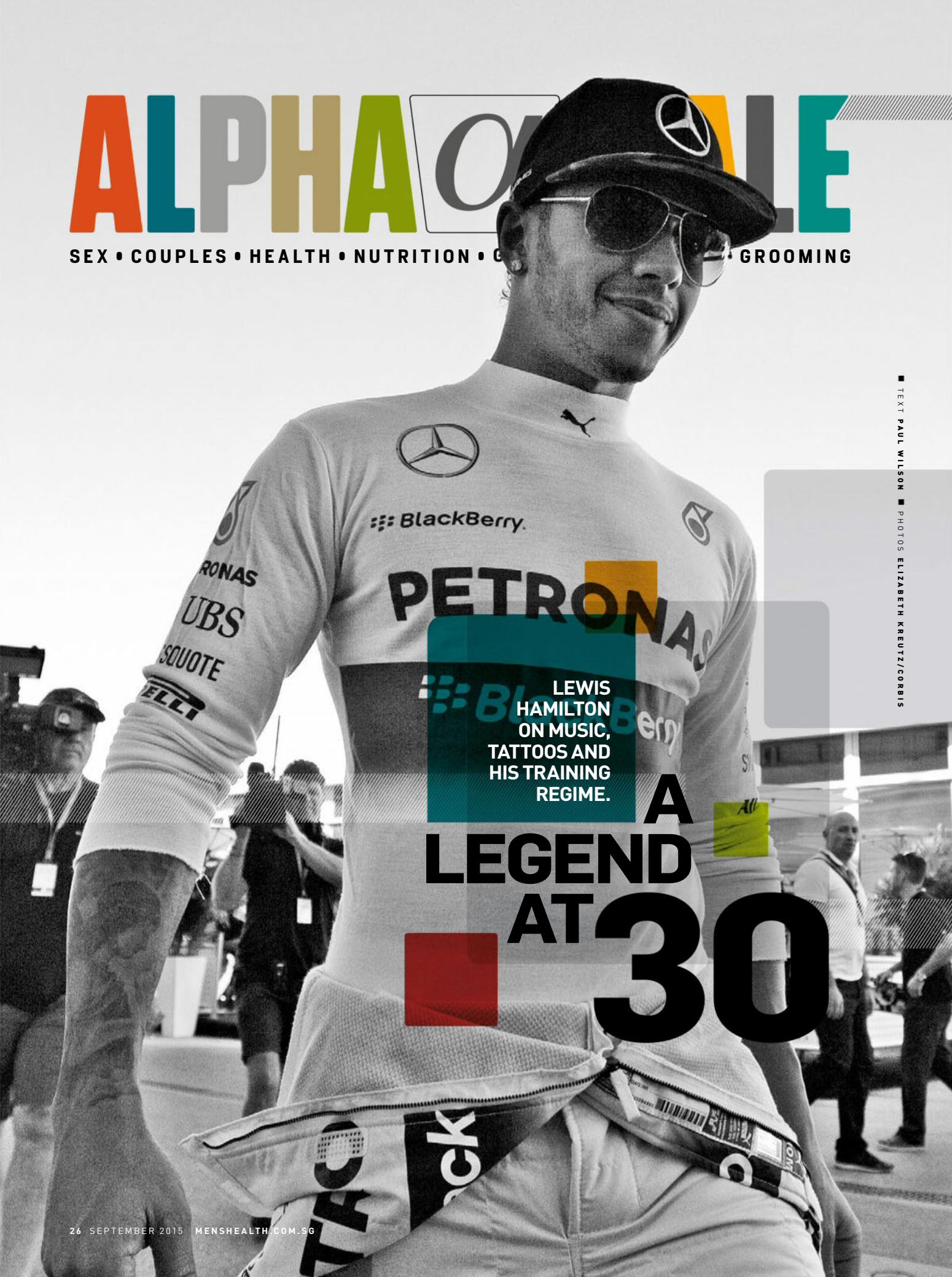
according to Rent.com. **Having a clean bathroom is the biggest turn-on**, while if you have a gross housemate, kick him out – because that's usually a deal breaker.

MONEY WOES IN PARADISE

Budgeting and lust don't mix.

Money-related stress dampens sexual desire in women but not men, a new study in the *Journal of Sex and Marital Therapy* found. Women often keep track of the money in relationships, says study author Lisa Dawn Hamilton, and that can cause worry – not the best aphrodisiac. Plan finances together: Collaboration just might lead to sexual abandon.

ALPHA



SEX • COUPLES • HEALTH • NUTRITION • GROOMING

■ TEXT PAUL WILSON ■ PHOTOS ELIZABETH KREUTZ/CORBIS

LEWIS
HAMILTON
ON MUSIC,
TATTOOS AND
HIS TRAINING
REGIME.

A
LEGEND
AT
30



"I'M AN ATHLETE, BUT PEOPLE TEND NOT TO SEE THAT WITH FORMULA ONE."

They are untrue. He has flown in to do something more surprising: to be photographed, sans T-shirt, for *Men's Health*.

It's common knowledge that F1 drivers are in possession of hands, necks and heads, because we see them poking out of race suits at press conferences and tailored suits at awards ceremonies. The rest of their bodies stay hidden behind shapeless, loose-fitting overalls.

Legendary driver James Hunt, in his late 70s pomp, was not averse to having his photo taken bare-chested – generally in the company of semi-clad models, and with either booze or cigarette or both in hand.

But, as the facts of this sentence plainly denote, they were different times. Today's champion drivers are more

Lewis Hamilton arrives at a London hotel after flying in from Spain to reportedly salvage his relationship with Nicole Scherzinger."

These are the words *Mail Online* runs on the morning of the reigning Formula One world champion's self-deprecating crack.

serious, more health-conscious, more clothed.

HIS CROSS TO BARE

After the shoot, Lewis sits down over his lunch – chicken breast, tomato salsa, vegetables, glass of water – and *Men's Health's* tape recorder. "Well, that was definitely a new experience," he says, knife and fork ready to go. (At no point does he speak with his mouth full. He has impeccable table manners.) "I'll be interested to see how it will come out. I'm really conscious of making sure it looks right. Sorry, one second..."

He downswings cutlery, bows his head and gives thanks silently, crossing himself once at the beginning and once at the end. He continues: "Yes, it's one thing to pose for shots, another to pose for them half-naked." By taking his shirt off, he reveals far more about himself than how well his training's been going.

"I love my ink," he says. "They all have a meaning. I'm very strong in my faith, so I wanted to have some religious images. I've got Pieta, a Michelangelo sculpture of Mary holding Jesus after he came off the cross, on my shoulder. A sacred heart on my arm. Musical notes, because I love music. The compass on my chest is there because the church is my compass."

He continues, moving his

hand over his arms, chest, back and shoulders: "Family is everything for me, so I have 'Family' written on the top, across my shoulders. 'Faith,' obviously. And I have 'Powerful beyond measure' written on my chest – it's a short bit I took out of a quote, from the writer Marianne Williamson.

"On my back, I have the cross and angel wings: Rise above it, no matter what life throws at you. And also, you know, Jesus rose from the grave."

His candour might seem surprising, but then again, Lewis has thrived on defying expectations. The mixed-race kid from a small English town with a fifth-hand go-kart who went on to win motor racing's biggest prize – twice (and counting). A man of great faith who is immersed in the sport's most scientific, leave-nothing-to-chance environment.

THE WINNING FORMULA

"The way I look at it," he says of his faith, "F1 is dangerous. People have died in this sport. A serious crash happened last year, which has left a great young lad seriously injured." He's referring to Jules Bianchi, who crashed at the Japanese Grand Prix last October. (Sadly, Jules passed away on July 17, aged 25.) "So I stay strong in my faith. I've come from nowhere. I feel really blessed to be here. I think there's a reason I'm here."

He is also Britain's richest

active sports star, worth £68 million (\$143m) according to a report last year, with sports industry analysts predicting that he could go on to be the highest-earning British sportsman ever, leaving current rich-list rivals such as Gareth Bale, Rory McIlroy and Andy Murray nowhere, and making even David Beckham's millions look modest.

His recent F1 record, like that of all other current drivers, took a back seat to Sebastian Vettel's four championships in a row for Red Bull from 2010 to 2013, but his world championship victory last season brought him back into the spotlight.

He's now fifth on the all-time list of Grand Prix wins, with 33 victories. If this year pans out for him like last year did, he could go to third all-time, behind only Alain Prost and Michael Schumacher.

He has taken pole position in a quarter of his F1 races – only five other drivers can beat that. He's the only F1 driver to have won a race in each of his first eight seasons, and he was the first person to stand on the podium in the first nine races of his rookie season. His list of accolades and achievements is longer than his heavily tattooed arm.

In January this year came another milestone: turning 30. "I didn't feel great coming up to it, especially the hours before, thinking: 'These are the last moments in my 20s.' Since I've turned, I don't feel any different. Don't feel any older at all."

Part of that will be the fact that he is as fit, if not fitter, than he was a decade ago. "Well, I'm an athlete, but people tend not to see that with F1 drivers. I train to quite an intense level because F1 is so physical – the G forces, the demands on your body. Your heart rate is 150, 160 through the whole race. On qualifying lap, your heart rate can be up to 180, 190 under tough conditions.

"Every year, you've got to be as light as you can. There's a certain weight limit, depending on how heavy the car can be. Last year, I had to lose six kilos. I went from 73kg to 67kg. It was hardcore. I didn't have much to lose as it was, so I train a lot."

Working out has other benefits, too, especially when you live your life in the public eye. "Going for a really long run, a bike ride or cross-country skiing helps me get away from all the noise. I tell myself: 'The pain you're feeling, just enjoy it because it's going to help you across that finish line first.' If you're having a crappy day, go for a run. It makes a big difference."

A PAIN IN THE NECK

The morning after a race, F1 drivers are sorest in the neck. Every time the drivers brake and turn into a corner, they experience G forces that are greater than that of a space shuttle on re-entry.

In his younger days, he wore his helmet as often as he could – once even affixing a 10kg weight on the top while wearing it – building up his neck muscles, and attracting quizzical sideways glances from passers-by in the process.

"These days, instead, you can add 10kg to the top of the helmet, which makes it about 13kg, then lie down on the edge of a weight bench and lift with your neck in all different directions," he says. "But even then, when you drive the car for one day, your neck is sore like you've never done a workout with it."

All this talking means that his lunch is going cold. "It's fine. I don't really eat much anyway," he says. Honestly? "Sometimes you have a day when you can't be bothered with the regime – you just want to stay on the couch, watch TV and eat junk. Those days are rare, though." He says he has given up soft drinks because he feels so much fresher.

EVERY TIME THE DRIVERS BRAKE AND TURN INTO A CORNER, THEY EXPERIENCE G FORCES THAT ARE GREATER THAN THAT OF A SPACE SHUTTLE ON RE-ENTRY.



"Little differences like that count for something."

CHANGING GEARS

F1 is not necessarily a young man's game and Lewis, having achieved so much in his 20s, is already one of his sport's all-time greats. But with all the training and advances in car safety, going into this season, his ninth, does he see himself doing nine more?

"I don't think so. There are so many great things about racing, but it's a long year, man. You start training in December, start testing end of January and through all of February, then you go into the season."

"In the season, you're gone for a month and a half, then you come back for a few days and you're gone again. You're constantly travelling. F1 doesn't stop. When the season ends, the next day I'm at the factory doing the seat fit for next year's car with the engineers. I don't know if I'll do another nine years of that."

He talks passionately about music, not as his next career move but as a sideline that helps him relax. He's written 80 songs, in several genres, and works on them when he can, even booking studio time for Sunday nights after races, when other drivers might be out celebrating or recovering.

"You know people don't like hearing the sound of their own voice on video footage? Well, I'm very, very much the same when it comes to my music. When you hear Adele or Beyoncé, you want to cry. They are in the Premier League. I... I plan to be in a decent league."

But first things first: "It's another year. The car is better and I want to win."





THE SEASON OF FUN HAS
BEGUN. TURN UP THE HEAT ON
EVERY HOOK-UP WITH THESE
IRRESISTIBLE APPROACHES.



**SHE'S
HOT!
ARE YOU
READY?**

P

ut bikinis, beaches and bare chests together under the scorching sun, and what happens next is no surprise. In fact, people living in warmer climates report greater sexual activity, according to a recent Trojan survey. You can capitalise on that libido surge: “[The hottest time of the year] means more opportunities to meet women who want to meet you,” says Christie Hartman, a behavioural scientist and the author of *Changing Your Game*. Allow us to make a few introductions.

“A WOMAN WHO’S HAVING FUN IS NATURALLY ATTRACTIVE.” DEDICATION AND SELF-ASSURANCE ARE BONUSES.

■ TEXT ANNA MALTBY ■ PHOTO OLEKSIV MAKSYMENKO/CORBIS

THE BEACH-GOER

READ HER MIND

It's not just the killer abs and toned legs she's achieved from paddle-boarding or beach volleyball. "It's the independence. Plus, a woman who's having fun is naturally attractive," says Alana Blanchard, 25, a professional surfer and swimwear model from Hawaii. Dedication and self-assurance are bonuses. "She's sporty and has the confidence to go into a male-dominated setting," says sociologist Jennifer Gunsallus, author of the blog Dr Jenn's Den.

SHOOT THE CURL

Respect her athleticism. Ask simple questions: "How are the waves today?" "What's your favourite beach volleyball spot?" Then let her talk – unless she doesn't want to. "Surfing is a selfish sport, so be prepared for her to do her own thing," Alana says. If she's in no mood to chat, just find your own adventure (while staying out of her way). By the way, women consider men who take on primal challenges to be more attractive, a University of Alaska study found.

AFTER ALL THE PRIMPING,
PHOTO SHOTS AND CRISIS
MANAGEMENT, SHE'S
FINALLY READY TO PARTY.

THE BRIDESMAID



READ HER MIND

After all the primping, photo shoots and crisis management, she's finally ready to party. "It's kind of like going to Vegas – we allow ourselves to act crazier," Dr. Gunsallus says. Better yet, she may have already heard that you're a stand-up guy: "She's probably been wrangled into gossiping about eligible guests," says Eimear Lynch, who interviewed hundreds of wedding party regulars for her 2014 tell-all book, *The Bridesmaids*.



JUST "I DO" HER

Lots of men go generic at weddings. But you don't have to. Stand out with a non-office shirt colour, suggests Men's Health executive fashion and grooming director, Brian Boye. "For weddings, pink, yellow or lavender are going to work more to your advantage than a basic white button-down. These colours indicate to women that you have a romantic side and are not afraid to show it," he says. Smaller colourful details, like socks or a pocket square, can do the trick, too.



PHOTO: BERND VOGEL/CORBIS



IF SHE'S FREE, TRY NOT TO WORRY THAT YOU'RE THE 10TH DUDE TO HIT ON HER TONIGHT.

THE FESTIVAL FAN

READ HER MIND

Consider this: If you've both emptied your savings on VIP passes, you're showing strong signs of compatibility, Dr Gunsallus says. "Your interests reflect your tastes, values and how you want to spend your time. The way you prioritise spending money or time is a big issue in a lot of relationships. So if you both connect on prioritising experiences over things, that's a plus."

JOIN HER PLAYLIST

Show patience. Wait for the set break to go over to her. That way, you won't interrupt her groove. More important, you'll find out if she's waiting on some guy. If she's free, try not to worry that you're the 10th dude to hit on her tonight. Instead, make your move with confidence – and watch her body language. "I go to loads of shows alone and will see guys making eyes at me all night, but they rarely ever approach," says Leah, 29. "If I'm into it, I'll throw some glances his way, play with my hair, keep my body language open. But if she seems distracted or fiddles with her phone, Dr Gunsallus says, it's likely time to book new talent."



THE OUTDOOR LUNCHER

READ HER MIND

There's something refreshing about someone who doesn't feel pressured to rush back to her desk. It suggests she's able to enjoy little pleasures, Dr. Gunsallus says. If she's alone, that choice conveys confidence, independence and an appreciation for solo time, Dr. Gunsallus adds. And if she's with friends, it's a sign that she's social. "If you approach her group, she may be impressed with your boldness," says Paul Hokemeyer, a marriage and family therapist. "Women are drawn to assertive men. It's a turn-on to be around a guy who takes charge in and out of the bedroom – and she may be flattered that you've singled her out."

BRING DESSERT

Read her signs: If she has her nose buried in *The Hunger Games*, it's no time to wax poetic about the mocking-jay, Dr. Gunsallus says. "After a day at the office, I don't want anyone bothering me during my downtime," says Andi, 29. But if she's looking around the park with a relaxed smile, she may be open to small talk. Just wait until she's wrapping up her meal, Dr. Gunsallus says, and then keep things light. Assume that she probably has a job to get back to, so the sooner you ask for her number, the better.

THE GYM GODDESS

READ HER MIND

She's crushing it at six in the morning – and her burpees put yours to shame. "Women who exercise take charge of their well-being, so they're healthier long-term mates," says Dr Hokemeyer. But they tend to look for the same in you: "Our clients are strong and fit, and they want to be around men who feel the same way about staying in shape," says Tish Arana, who manages a boot-camp class with her husband in Los Angeles. And we'll just leave you with this: Exercise can increase a woman's genital arousal, according to a study published in the *Journal of Behavioral Medicine*.

SWEAT HER OUT

Time it right: Don't ask her for coffee when she's banging out kettlebell swings; you'll ruin her shot at a personal best and miss out on some fortuitous endocrinology. "Go up to her after the class is over," Dr Hokemeyer says. "Vigorous exercise releases hormones that make people happy and open to others. Chemicals in your sweat even act as an aphrodisiac." Try a practical icebreaker: Tish recalls the time her now-husband gave her advice on how to work more protein into her diet.



THE SUPERFAN

READ HER MIND

One word: passion. "When I'm watching the game, I'm genuinely into it," says Marissa, 30, a lifelong football fan. "I wear the real gear – not that bedazzled pink stuff from Victoria's Secret. I pay attention. I yell at the players." And just in case you were wondering, it's true: That intensity might just translate to the bedroom, Dr. Hokemeyer says. "Part of the reason why avid female sports fans strike us as smoldering hot is that they're so enthusiastic. Her ability to get fired up by brute strength, honed technique and physical contact could demonstrate more of an openness to sexual experiences."

CHEER HER ON

Treat her as an equal, says Dr. Hokemeyer. "Never demean her for being loyal to a team. Saying 'You're a fool for liking Liverpool' will only piss her off and shut down the conversation." Get this through your head, too: Most sports boast a female fan base of 30 to 40 percent, according to research giant Nielsen. "Men marvel at the fact that I love sports – and that's so stupid and sexist," Marissa says.

"I WEAR THE REAL GEAR – NOT THAT BEDAZZLED PINK STUFF FROM VICTORIA'S SECRET. I PAY ATTENTION."



How To Date
SUKKI
“SINGAPORA”
MENON

QUEEN OF TEASE

THE SINGAPORE-BORN
BURLESQUE DANCER REVEALS
HOW YOU CAN SHOW
HER A GOOD TIME.

Sukki is not like most women. Not only is she funny, smart and stand-out-from-the-crowd gorgeous (courtesy of a British mother and a Singaporean/Indian father), the intrepid 29-year-old has also

managed to make a name for herself as a burlesque dancer called Sukki Singapora.

Sukki's stage name is an obvious nod to her roots in the country where she spent her childhood years. However, she was later raised in the UK, where she would take up citizenship and begin her career of bringing theatre into nightlife in 2011.

It wasn't until early this year that the opportunity arose for her to perform in Singapore – just in time



to headline the Boudoir Noire show at the upcoming Grand Prix.

"It's going to be one of my biggest burlesque shows ever," Sukki says, adding that this is after her four years of campaigning on social media, a Royal Invitation to Buckingham Palace, and a nomination for London's Asian Women Achievement Award.

What this also means is that she will be spending more time on our warmer shores from now. "Now that the floodgates are open," she muses, "I'd like to move back."

Well, welcome home, Sukki.

GYM'S WHERE YOU'LL FIND HER

"I love going to the gym. I go there five times a week with my personal trainer. I have to maintain a good, athletic physique but still stay hourglass curvy, which is actually quite a difficult thing to do. When I'm not working, which is rare, I like to chill out with my two cats or go vintage shopping."

HANG AROUND AFTER THE SHOW

"I'm always flattered when guys come over and say 'hi' after a performance, especially when they say my

dancing's really great. Some guys are really frightened to talk to me, though – maybe because they are scared of this sassy feminist character they just saw on stage. Just because we're strong women doesn't mean we bite. It's okay to talk to us."

DON'T JOIN THE WOLF-WHISTLING PACK

"I hate being catcalled. It happens most in New York City, and also in Singapore. I don't like it when I'm walking down the street and somebody yells to me 'Your hair's blue!' or 'Yeah, sexy! I know!'

SCHEDULE AND PLAN DATE NIGHTS

"I prefer scheduling date nights because I'm always so busy. I love being taken out on dates. I like somebody else to be in charge for a change. And I love flowers. It's very typical, I know. But don't make great gestures of love every single day. That's too much."

CLEAN UP BEFORE A DATE

"I can't handle the beard. It's like an animal's living on your face. I'm all for animals, but not on the facial area. Did you read this article where they did swab tests of beards and found lots of bacteria?"

STAY AWAY FROM THE DANCE FLOOR

"My idea of a perfect date starts at the zoo. I love

animals. Then, hiking in a quiet area. I'm not the clubbing sort of girl. I don't go out partying much, obviously, because of my job, and I'd rather chill out and do different things. I'm actually awkward when I try to dance at a club. I know everyone expects me to dance amazingly because I do it professionally, but I'm literally that person in the corner randomly rocking and nodding my head. I also don't like loud and boozy guys. I prefer the dark, mysterious ones over the party animals."

SPEAK YOUR MIND, MEN

"In my experience, Singaporean guys are more shy to say how they feel. Guys in America are usually forthright with their emotions. Singaporean men are more restrained – very similar to the British. Just tell us how you feel."

BUT BLINK BACK THOSE TEARS

"I knew a guy who cried while watching *Harry Potter* when Harry rescues Hermione and Ron from mermaids. That was an interesting day. Men crying at the movies is bad. I prefer my men to be strong."

SWIPE TINDER TO THE LEFT

"I prefer to meet guys in real life. Keyboard romances are easy but you need to build on your skills, practise your charm offensive in real life. Bringing somebody to watch burlesque is a good idea; lots of couples come to my shows. In fact, in one of my last performances, during my giant diamond ring act, somebody got down on one knee and proposed. It turns out that he'd specially booked tickets to my show so he could propose to his girlfriend in front of the biggest ring in the world. So I'd say burlesque is conducive for marriage."



DIGITAL EXTRA!

See more of Sukki Singapore in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

"SINGAPOREAN MEN ARE MORE RESTRAINED – VERY SIMILAR TO THE BRITISH. JUST TELL US HOW YOU FEEL."

RE-IGNITE DESIRE

IF THAT LOVIN' FEELING HAS BEEN FALTERING OF LATE, TAKE AN ADMIRING GLANCE AT THESE WAYS TO STRENGTHEN YOUR BOND AND FAN THE FLAMES OF PASSION.

1

GIVE BARE HUGS

Deploy your PDAs wisely for optimum impact. Women rate grasps highest as a way to express affection, Brigham Young University in the US found. And get them in early: A morning hug inoculates against stress, lowering your blood pressure for hours after you part.

2

CURBHANGER

If you plan to broach a tough subject on date night, do wait until after the bread basket has arrived. An Ohio State University study in the US found couples are less reasonable when their blood sugar is low. Make lunch, not war.

3

GET OUT OF BED

Find a sitter for the kids/cat/your static housemate. The University of Montreal found 82 percent of women fantasise about sex in an unconventional location, making finding her hot spot crucial. Plus that adrenalin rush lingers as an aphrodisiac for weeks afterwards.

IF YOU
BELIEVE IT'S A
GREAT MATCH,
DON'T LET THE
SPARK DIE.



4

NEVER GUESS

Before you blow half a month's salary on the Mulberry bag she yearns for, know that gratitude doesn't increase with outlay. Instead, buying an "experience," such as gig tickets, is proven to impress. Material surprises can be surprisingly poorly received.

6

TUNE IT OUT

Throw some (Johnny) Cash at her while discussing your spending habits. Emotional music bumps up oxytocin, her "bonding hormone," by 20 percent. A study in *Psychological Science* found this heightens trust between partners when making financial decisions, reducing the odds of dispute.

5

TAKE TWENTY

This is how many minutes it takes for biological stress markers to stabilise after conflict. Set your mental timer and excuse yourself. Returning home with the caution of a bomb-disposal expert is no longer required. Just a walk in the park, really.

7

SCARE HER

No, not by leaping out from behind a door. Take her jet-skiing or climbing. A shared sweaty-palmed cortisol surge mimics the early stages of sexual attraction, making couples feel closer, according

COUPLES WHO SPEND A NIGHT APART EVERY MONTH HAVE TWICE AS MUCH SEX AS THOSE WHO DON'T.

considerably more likely.

10

GET EMOJINAL

Similar writing styles are a key predictor of long-term compatibility. Whether her well-punctuated texts test your phone's dictionary function or her e-mails are "omg enthusiastic!", respond in kind for a better reply.

to Claremont Graduate University in the US.

breakfast menu. Also, time to hit the sack early tonight.

8

LET HER LIE

Women are more affected by missed sleep than you, found the UK's Sleep Council. One bad night makes them irritable for hours. A tyrosine-rich diet can reduce the effect, so ensure salmon and eggs are on the

9

DISH UP DIRT

Unsure when to file a filthy request? Keep pre-coital chat clean and save X-rated ideas until after the act. A study in *Communication Monographs* found that orgasms increase openness, making a positive response

11

JUST. GO. AWAY.

It's true what they say about absence, though the benefits extend well beyond the heart. Couples who spend a night apart every month have twice as much sex as those who don't. Girls' weekend? Well, what's good for women is equally good for men.

SWEAT TOGETHER, STAY TOGETHER
Couples' workouts that ensure you go the distance.



WHY NOT TRI IT?

Your odds of sticking to a fitness plan when training a deux is 90 percent. A shared goal takes you further.

MAKE A RACQUET

A sporting victory will give her a 20 percent spike in testosterone, which lifts libido. Love-love? You both win this round.

PUT ON WEIGHTS

Strength training for just 12 weeks boosts women's body image and, therefore, sexual satisfaction. Pick it up.



THE CHICK BEHIND BUDGET BABE, A BLOG ON FINANCIAL MATTERS, REVEALS HOW TO GET MORE BANG FOR YOUR BUCK WHEN IT COMES TO GIVING HER PRESENTS.

BE A GIFT GURU

■ TEXT BUDGET BABE (WWW.SOBUDGETBABE.BLOGSPOT.SG) ■ PHOTO JACOB YURI WACKERHAUSEN/CORBIS



O

ften, my male friends complain about how expensive being in a relationship is – and I can't understand why. There's no reason to whine, since money spent on your loved one is supposed to be well spent. What's worse is showering a woman with gifts she doesn't need or want.

Call me practical, but I would rather receive money than a gift I'd barely use.

Here are some of the worst gifts I've gotten from suitors who were trying too hard to impress.

WALLETS

Getting one of these for a lady can be rather tricky. When I was a student, I received a wallet from a not-so-secret admirer. It was one of those long designs with 16-card slots, a coin compartment and multiple folds in the middle.

I was using a simple wallet at that time, so I wasn't too keen to switch. He insisted that I use the gift, though, and I relented. But it took a long while for me to get used to it.

Clearly, that didn't impress me as much as he thought it would. If you really wish to buy a branded wallet for a girl, take a look at her current one first and understand the type of design and brand she prefers.

WATCHES

My current boyfriend wanted to give me a designer watch, but I managed to stop him in time. Given that most branded watches will set you back by at least a grand, my advice would be to steer clear of this gift.

The trouble is it's too difficult to understand what a woman wants in a watch, as there are too many preferences to take into account – the face design, the strap material, the weight of the ticker, and so forth. In fact, your girl might prefer wearing bracelets and bangles, which brings us to the next point.

BRACELETS

Expensive bracelets and charms by brands like Pandora have become popular with the ladies recently. Many of my friends who are hubbies and boyfriends have been splurging on these for their partners, which can come up to hundreds of dollars.

What is deadly about these bracelets is the option of adding more charms, which can end up being the gift you have to keep giving, because it's really about bragging rights. Imagine if your girl's colleagues have bracelets full

of shiny trinkets and charms, each costing a bomb, while hers has only a paltry three.

SHOES

These are a hugely intimate affair. Everyone's taste is different when it comes to getting a pair of footwear such as heels (its design, heel length, heel type, material and even the cut, for example). While the ladies will choose vanity over comfort most of the time, it doesn't mean that she will appreciate getting shoes as gifts, even if they look downright gorgeous.

Why? There's a popular saying about how buying someone a pair of shoes means they'll eventually walk out of your life. Why risk

that, or that she'll get the wrong message? Just buy a voucher and let her pick her own shoes.

GROOMING PRODUCTS

Just like how men are fussy about the product they use to style their hair, we women are picky about the stuff that goes on our faces. It's not enough to simply know your woman's skin type; there's always the fear of new products, lest we get an allergic reaction.

Someone was once foolhardy enough to buy me a bottle of luxury serum, which set him back over \$300. He thought it was a good idea because it was expensive, branded and sounded innovative – bee venom was a pretty new and hip ingredient then.

However, it turned out that there was only a smidgen of bee venom in the serum he bought, which meant he overpaid for it. I never did use it, which was a real waste of his money.

IN A NUTSHELL

Luxury gifts can be tricky, and you could end up wasting money that could have been better spent elsewhere. Vouchers are a better solution. That way, your girl gets to pick what she wants.

If vouchers don't seem sincere enough, try a handmade gift instead. It speaks volumes about your effort and the amount of thought that went into it – because, after all, the best things in life really cannot be bought.

But if you still insist on getting your lady an expensive gift, then at least be prepared to do your homework before you splurge on an item that could potentially be a dud.

What I've observed among my guy friends is that the dates they spent the most on are never the women they eventually marry. But that's a story for another day.

**"BE
PREPARED
TO DO
YOUR
HOMEWORK
BEFORE
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ON ANY
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COULD
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AS A
DUD."**

WHAT'S IT LIKE TO PAINT A NAKED GIRL?

A MAN FINDS OUT IF PAINTING A BEAUTIFUL WOMAN IS AS HOT AS WE ALL IMAGINE.

he beautiful stranger dropped her silk robe and laid down naked on the massage table in front of me. She said her name was Jenna. Then she put her hands behind her head, raised her knees and arched her back like a classic pin-up model.

This was my first time, but Jenna had obviously done this before. Her pose was meant to let me stroke intimate parts of her body... with a brush. My job: To paint almost every inch of her blue with white paisleys.

I'm a happily married man. It seemed strange to be alone with a naked woman who wasn't my wife. But, honey, this is art! Body painting has been practised for thousands of years by tribal societies as a form of open expression. Granted, given the brushstroke bikinis in *Sports*

Illustrated, our modern interpretations are a bit more risqué.

Hence, the question I'd come to answer: Is painting a beautiful naked woman as hot as we all imagine? Or is it just a torturous tease?

To find out, I called the famous body painting artist Craig Tracy and asked him to let me give it a shot. He agreed, with a warning: These projects can take 10 hours or longer, so you need to stop ogling and get to work.

I knew I'd need backup, so Craig showed up to make it a three-way – artistically speaking. "I'm not looking for you to find your own voice today," he said.

Early on, things went slowly. I was nervous, sweating even. My heart raced and, surprisingly, I felt too self-conscious to even look at Jenna's entire physique.

Instead, I pointed my airbrush at her thigh and spurted a few quick blasts of blue paint all over it. Jenna seemed

disappointed with my offering. "It's looking a little spotty," she said.

After about 20 minutes, she was coated in blue and I traded the airbrush for a bristle brush to add the paisleys. Strangely, I wasn't aroused. But I wasn't not aroused either.

I was in an odd kind of sexual purgatory. Touching her skin felt exciting; in some ways, it's frustrating.

As I moved up her thighs, stroking centimetres away from her exposed

"I POINTED MY AIRBRUSH AT HER THIGH AND SPURTED A FEW BLASTS OF BLUE PAINT ALL OVER IT. SHE SEEMED DISAPPOINTED WITH MY OFFERING."



ladyhood, I knew this would be the limit of our interaction. Talk about extreme sexual tension.

Eli Coleman, a sex therapist and professor of human sexuality at the University of

Minnesota in the US, says there's a word for how people might interpret this situation: foreplay. That's why some psychologists encourage couples to paint each other, for playfulness

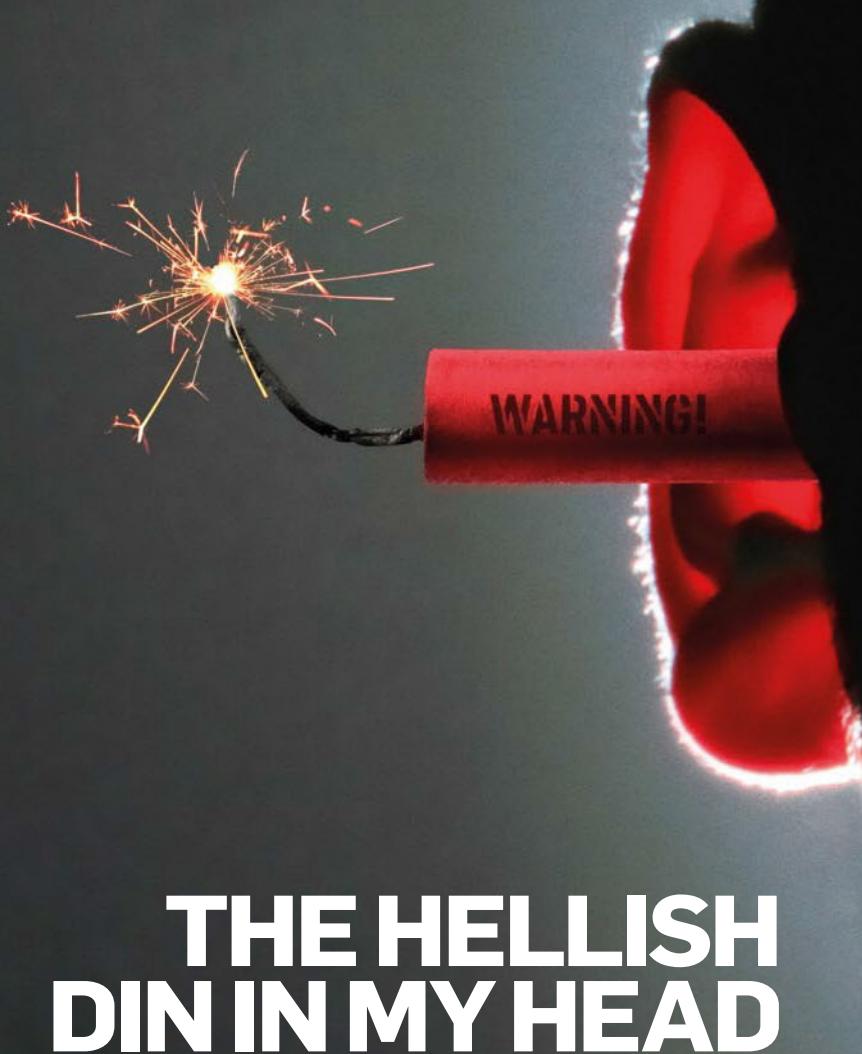
and intimacy. But as sometimes happens with actual foreplay, all my stroking started to feel like work. "You're doing great," Jenna said to keep me motivated. But

by hour seven, I noticed I was draping my arm across her navel to complete a paisley below her throat. Her perfectly shaped double Ds were less objects of lust than mountains to

climb: It'd take about two and a half paisleys – at least a few more hours – to cover them completely. When it was over, I left with a strange sexual moral: The harder I worked on her,

the more Jenna seemed to appreciate me. My wife didn't seem to mind either. After all, you come to appreciate female beauty more after slaving over the canvas.

WANT TO GET DOWN AND ARTY WITH YOUR PARTNER? TO PAINT EACH OTHER NAKED, USE ANYTHING LABELLED "FACE PAINT" OR "BODY PAINT" AT THE CRAFT STORE, SAYS PRO BODY PAINTER CRAIG TRACY.



THE HELLISH DIN IN MY HEAD

ONE MAN FINDS OUT THAT CRANKING THE VOLUME TOO LOUD FOR TOO LONG CAN HURT YOUR HEARING, AND MAKE YOU WISH FOR A WAY TO HEAR LESS.

■ TEXT MICHAEL PERRY ■ PHOTOS (HEAD) MIKE AGLIOLI/CORBIS & (EXPLOSIVE) SERGII GALKIN/123RF ■ ART DIRECTION & DIGITAL IMAGING JASON TAN



My cranium used to be quiet. Then 15 years ago, I pulled an all-nighter at a recording studio while wearing a pair of headphones cranked blisteringly high. When I stepped outside at dawn, my ears were making Charlie Brown wah-wah sounds. Within 48 hours, the wah-wah stopped but a ringing sound remained.

I was worried: Had I damaged my ears? I made an appointment with an audiologist. Surprisingly, my hearing checked out fine, but the ringing wouldn't quit. "It's tinnitus," said the audiologist. "Some people hear buzzing or chirping. It might just go away," she said. "Or not."

**"CAUTION:
SOME PEOPLE HEAR BUZZING
OR CHIRPING. IT MIGHT JUST
GO AWAY. OR NOT."**

It did not go away. It kept me awake at night. The more I tried to ignore it, the more it bothered me. And it didn't just bother me – it made me feel ashamed and guilty. Like it was a signal broadcasting the same unceasing message: You wrecked your ears, you idiot.

I was depressed. I couldn't sleep. Most of all, I felt dumb for being this upset about a sound. I wanted help, so I started researching treatment options, contacting tinnitus experts, and learning everything I could about the affliction.

When you begin delving into tinnitus, you quickly discover two camps: those who say *tin-it-us*, and those who say *t'night-us*. And good luck getting even the experts to agree.

But however you pronounce it, the Singapore General Hospital says that up to 15 percent of the population have the condition. Many people find it bothersome enough to seek treatment, and some report it to be extreme and sometimes so overwhelming that they can't function normally on a day-to-day basis.

It's more common among men than women –

perhaps because men are more likely to be employed in noisy jobs. Emergency service personnel, such as firefighters and medical responders, and members of the military are at higher risk.

By the time I'd gathered all that information, several weeks had passed and something odd had happened: My tinnitus no longer bothered me. Oh, it was still there, and I still didn't like it, but it had receded into the background. My depression and insomnia were gone.

Later – much later – I would discover that the timing of these changes was no coincidence. But for the time being, I decided that I could probably live with my tinnitus.

Before you try to live with tinnitus, find out from your doctor if you even have to. "Most cases can't be treated with medicine or surgery," says James W. Hall III, a professor at the Osborne College of Audiology at Salus University in the US, "but it's always important to identify the few people who can be helped by a physician, because tinnitus might be a symptom of ear or neurological

diseases that sometimes are very serious."

He's primarily talking about tumour-triggered tinnitus as well as the kind caused by cardiovascular disease. But the nonstop noise can also be brought on by Lyme disease, jaw misalignment and ototoxicity (that is, as a side effect of medications, including aspirin and certain antibiotics).

And you know the expression "I got my bell rung"? If it keeps ringing, get checked out for a concussion, as tinnitus is a common consequence of a bad bonk.

In most situations, however, tinnitus occurs as a result of damage to the ear from too much noise exposure for too long and too often.

But what's funny about the condition (except to sufferers like myself) is that

it truly is all in a person's head. If someone could stick a microphone inside my skull, they wouldn't hear the ringing. That's because my brain, primarily the auditory cortex, is generating only the perception of noise. In some cases, this is an attempt by the cortex to replace a frequency range that can no longer be detected due to damaged hearing.

Researchers have identified some of the mechanisms underlying tinnitus perception, but unfortunately, just as often there's no explanation for why it creates these phantom sounds. That's why tinnitus is so difficult to treat, leaving those afflicted with few options and sometimes even less hope.

When Austin musician Mark Stancato wound up with a career-derailing case of tinnitus in 2013 and

was told by two separate physicians that nothing could be done, he became so desperate that he considered suicide. "I remember driving home past this gun store and having visions of buying a gun, going home, writing a note and putting the pistol to my head," he says.

Frightened, he sought help from a psychiatrist, who treated him with counselling and anti-anxiety medications. "Now I'm back at a place where it's manageable," says Mark, who has since returned to performing. "Sometimes I can't hear it at all."

But he says he'll never forget the time he was begging an otolaryngologist for help, and the doctor replied: "Well, tinnitus never killed anybody."

"That isn't true," says Mark, and he's right: He got out alive, but a 2014 report by the American Academy of Otolaryngology cites suicide as a special concern when tinnitus is accompanied by psychological issues.

Recently, I noticed that my tinnitus seemed to have cranked up again. I had taken to using little tricks to keep it at bay – placing my

smartphone beneath my pillow at night to play white-noise apps, or sleeping with a fan running – anything to drown out the ringing.

But in quiet moments, it felt more pervasive, and if I popped in earplugs, it was disturbingly distracting. Now and then – especially if I was anxious or depressed – the ringing would increase, and behind it I'd hear that voice from way back: "Your ears... they're getting worse..."

I recalled my first go-round with tinnitus, and how the more I learned about it – the more I faced it – the less it troubled me. And I realised that it was time to stare it down again.

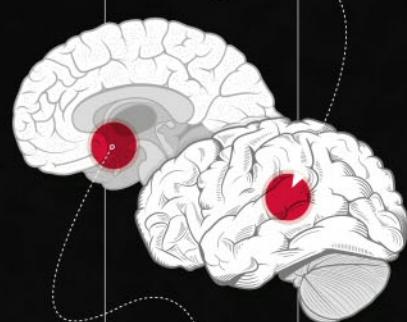
I went to the NYU Langone Medical Center for testing. During the exam, audiologist Dr Theresa Shaw filled my headphones with beeps, hisses and high-frequency squeals. The verdict? "Your hearing is actually quite good," said Dr Shaw. Whether or not my tinnitus had gotten worse was more difficult to tell, but she said that was beside the point.

"Whether the sound you are hearing is measurable in an objective way is

ANATOMY OF AN AURAL FIXATION

Mapping the cause and effect of tinnitus.

There's no bell in your brain: Blame the phantom sounds on your auditory cortex.



The ringing sounds like a threat to your limbic system. Now you're even more aware of the noise.

ILLUSTRATION CLINTON FORD

"THE MORE I LEARNED ABOUT TINNITUS – THE MORE I FACED IT – THE LESS IT TROUBLED ME."



essentially irrelevant in terms of treatment," said Dr Shaw. "Your body is experiencing it – your body and your mind.

"There is a link between tinnitus and the limbic system, hooking us into that fight-or-flight response. And then it's the chicken or the egg... the tinnitus may exacerbate the fight-or-flight response, the fight-or-flight response creates more of a focus on tinnitus, and so on."

Even among experts, there is no universal endorsement of any one best way to disrupt the cycle. Some people find relief through simple interventions like hearing aids or sound generators. A rare few others require something more drastic, like cochlear implants that provide electrical stimulation to the auditory nerves.

Some experience relief using alternative treatments like ginkgo biloba or acupuncture. But most experts agree that tinnitus should be treated using a three-pronged approach: audiological, neurological and psychological.

Audiological treatment includes assessing and

treating any hearing loss. The neurological component involves the use of sound to either distract from the tinnitus or retrain the brain into perceiving the tinnitus as diminished. The psychological component focuses not on eliminating the tinnitus but on reducing the reaction to it, as well as not compulsively focusing on it.

"When a patient tells me, 'I still have tinnitus; I just don't care about it anymore,' that's a victory," said Dr Shaw.

A week later, I attended a two-day yoga and meditation retreat with my wife. While she has been studying, practicing and teaching yoga for years, I wouldn't know a downward dog from an upward squirrel. My morning meditation routine consists of tapping my foot impatiently as the coffee beans grind.

The retreat began with an introductory lecture from a yogi, and then we closed our eyes as he led us into our first meditation. "We must find ourselves before we can fix ourselves," the yogi said. I rolled my closed eyes but resolved to give

it a try. The room was silent.

Too silent, because with no background noise, my tinnitus took over, whining its way into my consciousness, crowding everything else out. I tried to ignore it and – assuming meditation requires soft, beautiful things – conjured up a flower. The tinnitus laser beam incinerated it.

The yogi spoke, softly. "Whatever enters your consciousness can be the focus." Whatever that means, I thought. The tinnitus came zinging back, like a stainless steel bee.

The yogi spoke again: "Meditation is not about blocking every distraction but rather choosing one distraction and examining it."

And right then I stopped my snarky inner monologue. Rather than trying to ignore the tinnitus, or push it away, or distract myself, I homed right in on it. Tried to hear every note of it. Tried to imagine what it would look like on an oscilloscope. Gave it my deepest attention, as if it were the most beautiful song ever played.

And something weird happened: The tinnitus faded, like someone turned

down the volume.

My wife and the yogi may have led me to the future of tinnitus treatment. In a Duke University study, patients who were extremely handicapped by their tinnitus reported relief after adding therapies like meditation to standard treatments. And a 2015 University of California, San Francisco pilot study found that patients experienced a clinically significant decrease in the perceived annoyance and perception of tinnitus after attending a mindfulness-based meditation programme. They had focused on their tinnitus with "curiosity" rather than trying to banish it.

None of these researchers are claiming cure, though I wish they were. I'd love to drift off to sleep to the sound of silence rather than the sound of whatever's playing under my pillow.

No, my tinnitus (I'm a *tin-it-us* guy, by the way) is here to stay. But the more I meditate on it – as opposed to obsessing – the more I hear the ringing for just what it is: The perfect shrieking path to inner peace.

DEFEAT THE STOMACH FLU

CASES OF THIS DREADED DIGESTIVE ILLNESS ARE STARTING TO SPIKE AGAIN. HERE'S HOW YOU CAN FIGHT BACK AND GET BACK ON YOUR FEET.



ACUTE GASTROENTERITIS: THAT'S THE OFFICIAL TERM FOR EXPELLING THE CONTENTS OF YOUR STOMACH VIOLENTLY THROUGH BOTH ENDS, AND TO FEEL LIKE DEATH WHILE DOING SO.

V

ou've felt it before, and it's happening again: The lurching in your stomach, the nausea rising in your throat, and the cold sweat that starts prickling to alert you that if you don't make it to the bathroom quickly, your favourite khaki pants might never be the same again.

Yep, you've got what's commonly known as stomach flu, but what medical professionals more studiously call "acute gastroenteritis." That's the official term for expelling the contents of your stomach violently through both ends, and to feel like death while doing so.

Acute gastroenteritis can be caused by a number of things, but the most common bug is a virus called norovirus. This nasty vomiting-and-diarrhoeal illness peaks at the end of the year, when it's coldest and when people tend to congregate indoors within a close proximity to each other.

"This is incredibly contagious," says Dr Harris Masket, the chief physician at the Urgent Care Clinic in the University Health Services at the University of California at Berkeley.

To make matters worse, a new strain of norovirus known as GII.17, which emerged in southern China, has the potential to spread widely because people will probably lack immunity to it, researchers in Japan said recently. This means the bug, which kills about 800 people a year in the US, could spread to hundreds of millions of people worldwide.

"We know that noroviruses are able to rapidly spread around the globe," scientists from 16 countries wrote in a paper accompanying the Japanese research.

"What this could mean is that we're looking at the emergence of a new genotype," said Dr Marion Koopmans, a professor of public health virology at Erasmus University Medical Centre in the Netherlands, and a co-author of one of the two papers published on the topic recently.

"To many people, it is a nuisance. You have two days of vomiting, diarrhoea, and then that's it. The majority of cases have a mild disease course."

So the chances of evading a puking-and-pooping episode this year might not be in your favour. But if you do come down with the illness, there are some things you can do to get back on your feet – and off the porcelain throne – a little quicker.

HOW DO I GET IT IN THE FIRST PLACE?

"Like many viruses, norovirus is transmitted through the delightful-sounding faecal-oral route, says Keith Borg, an associate professor in the Division of Emergency Medicine and Pediatric Emergency Medicine at the Medical University of South Carolina in the US.

When a guy with the bug has diarrhoea, microscopic viral particles get transferred to his hands after going to the

bathroom. If he doesn't scrub up well enough at the sink, those particles will persist.

So when he touches something next – the doorknob, the water cooler or his dinner – the tiny specks hop off and wait for their next host. Eat the infected food, touch one of those surfaces or bring your hands to your mouth and the virus has entered your body.

The bug can also be spread by minuscule vomit particles, says Dr Borg. So if you're sharing utensils with someone who had thrown up recently, you can pick up the virus from

their mouth and transfer it into your own.

Once it enters your body, it makes its home in your GI tract, where it begins to multiply and make you feel sick. Your body senses the infection and wants it out of there – which is where things get messy.

"Your body tries to expel it and get rid of it," Dr Borg says, "but diarrhoea and vomiting also help with the transmission of the virus."

HOW DO I KNOW I HAVE IT?

You'll feel pretty damn lousy. That means vomiting, watery diarrhoea, stomach cramps and possibly low-grade fever or chills, anywhere from 24 to 72 hours.

You probably won't know for sure you have norovirus, though. Doctors usually don't test for it unless you're involved in an outbreak, such as on a cruise ship or at a restaurant, says Dr Borg.

And that's okay, since the symptoms and treatment for viral diarrhoea bugs and the ones that cause other infections like bacterial "food poisoning" are pretty similar.

But still, it's important to be on the lookout for red-flag symptoms that could indicate something more serious. Constant and progressive abdominal pain can signal appendicitis, especially if vomiting and fever are involved, too.

Bloody diarrhoea can indicate a salmonella infection or even inflammatory bowel disease. If you have these symptoms – or high fever, really bad chills or aches – you'll want to see a doctor so he can evaluate what's actually going on.

HOW CAN I BEAT THE BARF?

After you puke up the contents of your breakfast, you may be tempted to immediately grab water to rehydrate. Resist the urge: The No. 1 problem Dr Masket sees in norovirus

"THE BUG CAN BE SPREAD BY MINUSCULE VOMIT PARTICLES, SO BE CAREFUL IF YOU'RE SHARING UTENSILS WITH SOMEONE WHO HAD STOMACH FLU."

patients is drinking too soon after an episode.

"When you throw up, your stomach is really irritated," he explains. "And the only thing that putting something in your belly is going to do is probably make you throw up again. And then you're going to get even more dehydrated."

So follow his rule: Wait one hour before taking in any liquid by mouth, which will allow your stomach time to calm down. Then start with just a sip of something like juice or a sports drink.

If your stomach doesn't rebel, follow with another sip 10 minutes later. Then keep following the 10-minute rule, gradually adding a little more fluid [up to 60ml every 10 minutes] when you can tolerate it. And no solid foods until you've stopped hurling.

HOW CAN I STOP POOPING FASTER?

Having diarrhoea also means sticking to an all-liquid diet. "Usually any solid food is just

going to make you have more diarrhoea," says Dr Masket. "Your body is going to take that and throw it out, and also pull some fluids and salt with it. That can worsen your dehydration."

Pick liquids that contain sugar and electrolytes to replace the fluid you're losing. Choose kinds like apple juice, clear broths or sports drinks, and dilute any sugary drinks with water, since too much sugar can pull water from your gut and exacerbate diarrhoea, says Dr Borg.

When your squirts begin to improve – and when you start to feel hungry – you can graduate from clear liquids to bland foods. You'll know you're on the mend when your stool firms up and your bathroom trips die down.

That's when you can try foods like bananas, rice, applesauce or crackers, which aren't very taxing on your digestive system. But back off from bland foods for a couple of hours if you're still logging toilet time.

If your first foray into solids was a success, you can continue gradually adding your normal foods back into your diet. It's also a good idea to avoid dairy products or high-fat or greasy foods for the entire duration of your sickness. These are more difficult to digest.

CAN I TAKE MEDS FOR IT?

Over-the-counter pain relievers, such as Panadol, can help reduce fever and improve any aches or malaise you may be feeling.

You might be tempted to take medication to put some brakes on the diarrhoea, but it's best to let the virus run its course, says Dr Masket.

Plus, if you don't actually have norovirus – maybe you have an inflammatory or bacterial cause instead – medications can actually make you feel worse. So before you pop the pill, consult

with your doctor first.

When you've got him on the line, you can also ask him about some prescription anti-nausea meds, says Dr Borg.

WHEN SHOULD I SEE A DOCTOR?

During the 24 to 72 hours you're sick, stay home, get plenty of rest and keep hydrated. In most cases, this self-treatment is all you need.

But there are some instances where you might need to see a doctor. The main cause of worry with norovirus is dehydration, since you're depleting fluids and essential minerals from your body with the vomiting and diarrhoea.

If you've been unable to stop spewing in 24 hours and can't tolerate fluids without triggering another attack, you may benefit from venturing to the doctor's office.

"You're a ticking time bomb, because you're only going to get more dehydrated every moment," says Dr Masket.

Dehydration can cause you to feel light-headed, dizzy or even pass out. In severe cases, it may even lead to an electrolyte disturbance that can cause irregular heartbeat. If this sounds like you, make an appointment immediately, he says.

Another reason to see your family doctor: if your diarrhoea continues full force even after several days. It's common to experience altered bowel function for up to 10 days after your illness – say, changes in regularity or stool consistency – but if it shows no sign of improvement, you may need to be evaluated.

And while you're sick, make sure you're washing your hands well to prevent the spread of the sickness to other poor suckers. You're most contagious during the first 48 hours of your symptoms, says Dr Masket.

But the virus can stay in your stool for a couple of weeks after you've recovered.

WHAT TO DO IF YOU GET DIARRHOEA ON A RUN

Solutions for your most pressing poo dilemma.

WHY DO YOU GET DIARRHOEA ON A RUN?

The physical motion of running manhandles your intestines [and whatever's in them] for a prolonged period of time, says *Men's Health* nutrition advisor, Mike Roussell.

If you've ever made the mistake of eating or drinking too much water before you run, you know the sickening feeling of your stomach contents sloshing around.

When you run, your body also draws blood away from your intestines and into your aching muscles, causing a disruption in normal digestion, Mike says. That's when, as they say, s**t happens.

WHAT SHOULD YOU DO?

If you're on a training run and feel the urge, just walk. The jostling motion of running can make it tough to hold back the goods.

To help prevent diarrhoea, avoid fibre-rich foods such as beans, nuts and raisins for several hours before you run.

While fibre can give you plenty of energy and help you lose weight, some fibre-rich foods may also make your stomach and lower GI tract feel heavier if you consume them too close to an exercise session.

It takes around two hours for fibre to leave your stomach and enter your intestine, so you'll want to give yourself enough time between eating it and setting out on your run.

– TONY DORMANN

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PATCH UP YOUR OCULAR RIFTS

YOUR LIFESTYLE IS DIMMING THE LIGHTS.
RESTORE CLARITY WITH THESE SHARP POINTS THAT'LL
ENHANCE YOUR SIGHT IN A BLINK.



■ TEXT SCARLETT WRENCH ■ PHOTOS (EYE) APRILER/123RF & (LIGHTBULB) SERGII GALKIN/123RF ■ ART DIRECTION & DIGITAL IMAGING JASON TAN



DOWN A SHOT

Your mid-commute coffee is practically medicinal: Studies by the American Academy of Ophthalmology show that caffeine counteracts dry eyes caused by air pollution. "Decaf," as we all know, is just French for "brown water."



TAKE A PADDLE

Ping-pong wins. Analysis by the US Olympic Committee concluded that table tennis ranks second only to baseball for developing hand-eye coordination. Plan regular sessions for visual responses like Peter Parker on Red Bull.



TURN ON BULBS

Don't spare the onions and garlic at dinner. They're rich in sulphur, cysteine and lecithin – a trio of nutritional window cleaners that work together to prevent the lens of your eyes from becoming clouded. Eating bulbs is a bright idea.



GO GREEN

Hands off the thermostat. As well as making your energy bill painful to look at, heating irritates your eyes. Can't take the cold? Buy a few houseplants. They increase humidity, which benefits your peepers by reducing dryness.



CLEAR THE AIR

Let your mates brave the yellow-box drizzle. Second-hand smoke damages the blood vessels that supply your eyes with oxygen, while living with a smoker can double your odds of eye disease, reports Cambridge University.



BE A BIG PLAYER

Video games don't just make you better at distinguishing undead threats from unlucky passers-by. A study in *Plos One* found that gamers' brains have thicker "left frontal eye fields" – the part that deals with focus and eye movement.



USE YOUR SCENTS

Add aftershave to your gym bag. The smell of jasmine increases beta waves in your brain, says neurologist Dr Alan Hirsch, improving visual awareness. Spray on Armani Eclat de Jasmin pre-squash game and you'll smell victory.

PHYSIO PUPIL

Tension around your eyes has a knock-on effect on your back muscles. Glance over at neuro-kinesiologist Dax Moy's solution.



NEAR AND FAR

This trick releases extra power in your torso: Relax your eyes, then alternate between focusing on a far-off object and a close one.

THUMBS UP

Ask a friend to hold his fist out, thumb up. Follow it with your eyes as he moves it towards you, then away again.

ROLL AROUND

In bed, move your eyes up, down and from side to side. This cuts the tension that harms performance and causes pain, you see.

EATING BULBS IS A BRIGHT IDEA. ONIONS AND GARLIC ARE NUTRITIONAL WINDOW CLEANERS, WHICH PREVENT YOUR EYES FROM BECOMING CLOUDED.



NO MORE CGI

HERE'S AN ALTERNATIVE TO BIG-STUDIO FILMS USING COMPUTER IMAGERY.

► HARBINGER DOWN

If you're an old-school fan of practical special effects, then this independent film – partly funded through Kickstarter – will bring back memories of *Alien* and *The Thing*. The plot unfolds when a group of grad students booked the fishing trawler *Harbinger* in order to study the effects of global warming on a pod of Orcas in the Bering Sea. They dredge up an old Soviet space wreckage [you never do that!] and things get ugly. Turns out the Russians were experimenting with tardigrades – tiny resilient animals that are able to withstand space radiation and have aggressively mutated. That's some company all right.

Premieres Sept 17 in cinemas islandwide.



ABSOLUTELY ANYTHING

► What if you are granted powers by aliens to do absolutely anything? That's exactly what Neil Clarke (played by Simon Pegg), a disillusioned schoolteacher, faced and struggled with. Expect good fun in this film as Neil encounters mishap after mishap, helped along by a talking dog (voiced by Robin Williams) and eventually reaching a conundrum that all men dread: Should he choose the girl... or the trusty canine?

Premieres Sept 10 in cinemas islandwide.



THE PODIUM LOUNGE

► Party like a rock star at The Podium Lounge, considered the finest Formula One after-party event during the race weekend. Ritz Carlton's Grand Ballroom is transformed into a luxe ultra-lounge, hosting celebrities, famous guest DJs and other luminaries. Besides great food and music, there's even an exclusive Andy Warhol art exhibition and a fashion presentation. Sept 18-20, tickets start at \$188

■ USEFUL YOUTUBE VIDEO OF THE MONTH

MAKE A VACUUM-SUSPENDED FISH TANK

Fish tanks do not have to be boring. In this video, learn how to add a suspended compartment to your regular tank simply by tapping on the physics of a classic science experiment.



►► SEARCH YOUTUBE FOR:
NightHawkInLight
OR LOG ON TO:
www.bit.ly/1D4Fk0S.

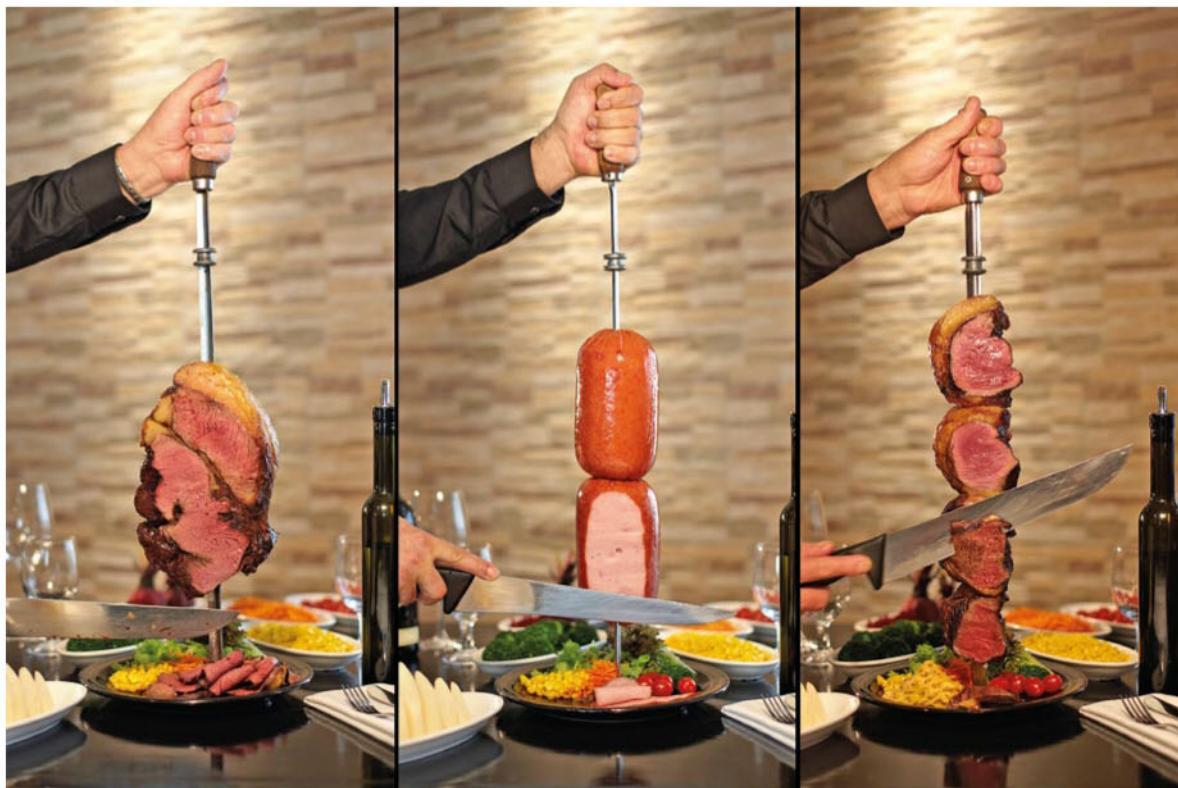


STRAITS TIMES RUN AT THE HUB

► This year, there's a new 18.45km celebratory route to mark the 170th anniversary of *The Straits Times*, in addition to a 5km fun run and a 10km competitive version. Runners who sign up for the 18.45km route will receive generous entitlements, including a limited edition New Balance finisher's tee and Chan Brothers Travel discount voucher worth \$170, among others. www.straitstimesrun.com

CHEAT SMART

CARNIVORE IS A GREAT PLACE TO ENJOY ALL YOUR FAVOURITE FOODS WITHOUT THE GUILT. HERE'S HOW TO DO YOUR CALORIE SPLURGE RIGHT.



You've been watching your calories all week. As the weekend draws closer, however, you'll need to socialise, and it's never easy eating clean at a social event. There's a smart way to be sinful so that you not only avoid regaining everything you've shed, but you can even tip the scales in your favour: planned cheat days.

Be a clever cheat and plan for protein-rich foods while dining out. Carnivore is a great choice for a cheat day. This buffet-style Brazilian churrascaria has a range of delicious, high-protein options that will satisfy your cravings, tummy and taste buds, but won't send you on a guilt trip.

Check out these tips for filling up the smart way, then get your buddies together for a gathering at this meat lovers' paradise.

■ PICK LEANER CUTS OF MEAT

Meat is packed with muscle-loving protein. Most cuts offered at Carnivore are marinated only in rock salt – not sauces – so you get the full, rich flavour of the meat without packing on unseen calories due to the sauces.

Certain cuts, however, come with a generous

side of fat. The signature picanha – beef rump cap – is juicy, tender and flavourful due to the generous cap of fat. You can reduce your fat intake by cutting away the visible cap of fat, or asking the passador (the skewer-toting waiter) to rotate the skewer to give you a leaner cut. You can even ask for a more or less done portion, according to your preferences.

That said, you might still want to choose the leaner but still succulent cuts such as the boneless lamb leg, chicken heart or beef topside.

■ GO WITH HEALTHY SIDES

Carnivore's buffet table is laden with scrumptious side dishes, but choose wisely so you won't feel bad for filling up your plate.

The fragrant arroz brasileiro (a Brazilian-style rice) may be tempting, especially with feijoada (pork stew). But if you'd like to go easy on the carbs, you'll be spoilt for choice with fruit- and vegetable-based options.

You can also try the heart of palm – the tender, growing bud of the palm tree that is a Brazilian delicacy – as a refreshing palate cleanser that works almost as well as the grilled pineapple served for that purpose.



■ SPEND YOUR CARBS WISELY

Cheating smart doesn't mean you have to avoid all carbs. If you're watching your carb limits, be judicious about what to splurge your calorie intake on.

The signature cheese bread, served as a dessert during dinner, is one that's definitely worth it. This savoury, chewy treat is best served hot, so do help yourself to a few pieces when the staff brings it around.

VISIT CARNIVORE AT #01-80 THE SHOPPES AT MARINA BAY SANDS, #01-30 CHIJMES, OR #01-16 THE GRANDSTAND. TO FIND OUT MORE, CHECK OUT WWW.CARNIVORE.COM.SG.

CRUSH ALL YOUR CRAVINGS

YOUR FOOD FIXATION IS LIKELY A DIFFERENT DESIRE IN DISGUISE. FIGHT BACK WITH THESE SIMPLE STRATEGIES.

THE CRAVING

A MEATY, SAUCE-SLATHERED BIG MAC



Did you frequent the Golden Arches with your secondary school friends or after getting As in your junior college exams? Those fond memories are missed with the food you ate, says Nicole Avena, a neuroscientist at the Mount Sinai School of Medicine in the US.

THE WHOLE BAG OF POTATO CHIPS



Carbs, salt and fat are the Three Stooges of food. As a trio, they are trouble, stirring up chemicals that block your ability to stop feeding your face, says Nicole Giulianini, a psychology researcher at the University of Oregon in the US.

A SUNDAE WITH CHOCOLATE FUDGE



Sugar has the power to hijack your grey matter, says Nicole Avena. Her research has found that the white stuff may intensify your craving for pleasure-producing chemicals such as dopamine and opioids. It's a high you're after.

A HUGE, GREASY HANGOVER BREAKFAST



You're thirsty, not hungry. Booze leads to dehydration, which makes you think you need sodium-laden dinner fare. If you do eat more salt, you'll further your dehydration and plunge yourself deeper into hangover hell, says Nicole Avena.

THE COUNTERMEASURE

► Order a different kind of nostalgia and hold the calories. **Check your secondary school buddy's Facebook page**, or listen to your favourite band from junior college, she says. Even minor diversions can help you though the fast-food fixation.



► Think: Eating this food is not in line with my goals. You'll activate the brain regions responsible for resolving internal conflict, she says. Also **try snacking on slices of crunchy raw jicama** or kale roasted till crispy.



► Smart swaps give you a fix without busting your gut. Lusting after fudge? **Have a square of dark chocolate**. Still hankering for the creaminess of the ice cream? **Eat Greek yogurt** with a touch of honey. The craving will ease.



► You need water and antioxidants to flush out alcohol's toxins. Fructose, a sugar found in fruit, helps metabolise alcohol, reports an American study. So **make a fruit salad**, chug water and ponder your many mistakes.



STATE OF YOUR HAIR



Great hair isn't an indulgence – it's a public barometer of your internal health and youthful vigor. Contrary to conventional wisdom, the state of your hair isn't affected merely by the shampoo you use or hair repair treatments you do to tame frizz and improve lustre of tortured locks temporarily. Besides meagre-maned genetics and ageing, a rest-deprived or stressful lifestyle, hormonal changes, along with common medical issues and medications all frequently show up as frail strands or prematurely thinning tresses due to weakened scalp and follicles.

Going back to the roots, here's how you can optimize your scalp health with the latest crop of clinical solutions for a full, crowning glory that radiates youth and vitality.

Replanting the Seeds of an Ageless Mane:

ARTAS® Robotic Hair Transplant

Defy balding genes with forefront hair science. The ARTAS® Robotic follicle unit extraction system is your formidable ally in combating alopecia. Its sophisticated image-guided follicle harvesting algorithm translates to unprecedented precision, greater transplant success, better patient comfort, swift recovery, and a natural-looking difference everyone will notice, even your hairstylist cannot tell.

Ideal For: Brave men who would like to confront their moderate to severe male pattern hair loss and spruce up their frontage. Stylish bearded dudes who would like to cultivate a lusher designer stubble.

Shedding Light on Beauti-Full Hair: Revage 670 Laser

If thinning has left you spinning, this FDA-approved scalp laser that has made 'head'-lines may help you see light at the end of the tunnel. Just 30 minutes of the no-frail light therapy delivers a mega circulation boost to the scalp, fortifies feeble follicles and supercharges hair growth with its deep-penetrating laser energy each session. This allows you to shun shedding, sprout healthier shiny strands and build body painlessly and effectively, without side effects of oral medications, in as little as 12 weeks.

Ideal For: Men and women of all hair types who are scant on time and strands, or are noticing finer, weaker hair with age. Anyone who is secretly afraid of taking on a balding parental semblance, or would just like to max out their mane potential and maintain it for as long as possible.

Feed Your Follicles: Sloane Inc. Hair Recovery

Parting can be such sweet sorrow. To save yourself from the sadness of witnessing masses of homeless follicles or an ever-widening part, nourish your scalp with this hair growth serum enriched with vitamins and botanicals to better counter stress, ageing and hair-hindering hormones. Maximum-strength Minoxidil stimulates sprouting and supports growth for a glorious copious coiffure.

Ideal For: Both men and women experiencing the first signs of hair loss, or to enhance and best maintain the effects of Revage 670 and hair transplantation.

For more information on hair restoration procedures, contact The Sloane Clinic Hair Restoration Centre at #03-14A ION Orchard, Tel: 6509 8108 or visit www.sloaneclinic.com.

THE SLOANE CLINIC

www.sloaneclinic.com

KARBS IN A BOX

STOKE YOUR TASTE BUDS WITH A TWIST OF THE TRADITIONAL KOREAN LUNCH BOWL.

WHAT TO EAT SALMON LUNCH BOX

It's no secret that salmon has always been a consistent performer when it comes to acing taste tests. But what's the verdict when raw salmon is paired with K-style ingredients? Enter the salmon lunch box from Dosirak – the brainchild of half-Korean, half-Singaporean brothers Edward and Eugene Chia.

Dosirak, which means "lunch box" in Korean, provides delivery services besides having a physical outlet where you can dine in.

One popular option is the salmon lunch box – an affordable, calorie-conscious

revamp of the traditional Korean noon chow. The raw fish is paired with goodies like black beans, carrots and Japanese cucumber to give you that healthy boost without your having to suffer from post-lunch comatose.

Of course, Dosirak has got a slew of other options such as kimchi tofu and beef bulgogi, but the presence of omega-3 fatty acids in the fish will delight health buffs. Also, researchers say that salmon prevents major cardiovascular diseases such as hypertension, atherosclerosis and heart attack.

Our vote? With a refreshing aftertaste and health benefits to boot, you've got to give it a try.



PER SERVING

- 441.1 calories
- 29.3g protein
- 16g fat
- 235mg sodium
- 46.7g carbohydrate
- 8.7g fibre

HOW MUCH

\$9.90

WHERE

Dosirak,
18 Cross Street,
#01-02 China
Square Central,
Tel: 6536-6034,
www.dosirak.sg

TASTE WISE

TRIAL

KELLOGG'S CRUNCHY NUT – OAT GRANOLA, HAZELNUTS & CHOCOLATE

VERDICT

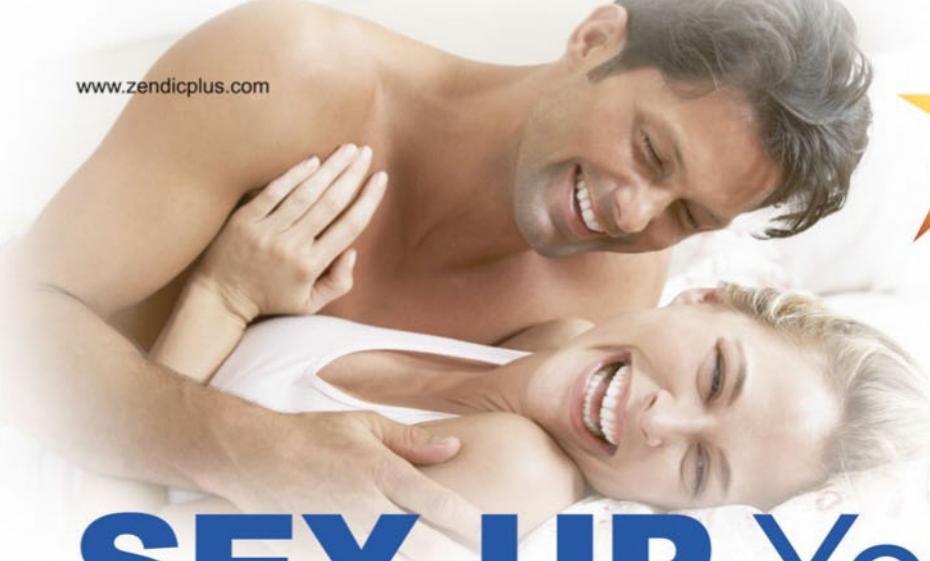
If you find regular cereal plain and boring, this will be a welcome quick fix. The combination of roasted hazelnuts and chocolate chunks add both taste and texture to the main spread of baked oat granolas.

You'll also get a host of vitamins and minerals such as B6, B12 and iron to fuel your daily activities.

HOW MUCH

\$6.90 (380g), available at selected supermarkets.





Award 2014



SEX UP Your Life!

Greater strength, stamina and satisfaction with Zendic Plus

The happiness and sexual health of men have always been intercorrelated. A fulfilling sex life also serves as an anchor for marital bliss. Good, fulfilling sex requires energy and stamina – this is especially true for men.

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Zendic Plus combines six herbs in its unique formulation which boosts sexual ability, increases strength and energy levels, fortifies the immune system and improves general well-being.

Zendic Plus effectively:

- Improves circulation
- Strengthens the immune system
- Improves physical and mental stamina, and general health
- Enhances libido, sexual ability and performance
- Stimulates the production of sex hormones

The powerful and natural herbs which make up Zendic Plus are Maca, Tongkat Ali, Black Cumin Seed, Damiana, Ashwagandha and L.Citrulline. These plants have a long and established usage throughout history and are valued as 'National Treasures' in various cultures. This potent and exclusive formulation renders Zendic Plus superior to many men's health solutions in the market.

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L.Citrulline



Maca



Tongkat Ali

Enhances Stamina & Performance

Originating from Malaysia and Indonesia, Tongkat Ali is dubbed the "Treasure of Southeast Asia". It is widely used as a male sexual tonic due to its ability to increase men's testosterone levels, enhance libido, stamina and sexual performance.



6 National Treasures

Improves Blood Flow & Energy

L.Citrulline, a compound found in watermelon, promotes the dilation of blood vessels. This in turns improves blood flow to the heart and sexual organs, and increases physical energy significantly.

Increases Libido, Sperm Count & Quality

Hailed as "Peru's National Treasure", Maca has long been used by the locals as an aphrodisiac. Preliminary research confirmed that Maca can enhance the libido, increase sperm count and quality, as well as treat sexual dysfunction. Maca is also known to improve physical strength and alleviate anxiety.



Black Cumin Seed

Elevates Sexual Drive & Health

For centuries, Black Cumin has been considered one of the most potent herbs in the Middle East. Its seeds possess powerful anti-oxidant properties and are commonly used to maintain the health of the circulatory, respiratory and immune systems. They are also known for the ability to increase sexual drive and health.



Ashwagandha

Heightens Sexual Experience

Ashwagandha (Indian ginseng) has been used for thousands of years in Indian Ayurvedic medicine. It is known to boost the immune system, ease stress, increase sperm count and quality. Kama Sutra, the ancient Sanskrit treatise on the art of love and sexual technique, mentions that Ashwagandha heightens the sexual experience.



Damiana

Boosts Vigour & Sexual Potency

Damiana leaves have long been used as an aphrodisiac and to boost sexual potency by the natives of Mexico. Today, Damiana tea is still popularly consumed for sexual enhancement, relaxation and to increase energy and stamina.

“ I have a very stressful job that involves a lot of deadlines and targets. Being under constantly under pressure, I felt tired easily. Both my work performance and libido dipped. My marriage was affected as my wife felt unfulfilled. Luckily, before things got worse, I was introduced to Zendic Plus. It is the best health supplement I've ever taken. Within a week, my energy and sexual drive increased tremendously. Today, I'm taking Zendic Plus regularly and feeling great – both at work and on bed! ”

Alan Tay, 35, Sales Manager

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TOPLESS THRILLS

KENNETH WEE FINDS OUT IF CONVERTIBLES ARE REALLY ALL THAT FUN IN SINGAPORE.

I've never paid more attention to the weather than on the day I proposed to my girlfriend. For starters, the setting was outdoors – at W Singapore's poolside podium, where the nearest shelter from rain is a 30-second dash away. No Plan B. Second, I'd borrowed a Volkswagen Golf GTI Cabriolet for the occasion.

Plan A played out smoothly. It turned out to be a balmy late afternoon, and she said yes (thank you).

We drove out of Sentosa Cove with the convertible's fabric roof down and stereo cranked up, thumping down a tree-lined road and soaking up the Californian cliche.

On days like these, who wouldn't want a

drop-top car as a runabout? After all, modern convertibles are no longer the floppy compromised cousins of the saloon or coupe they're based on.

They are practically just as good as their hatchbacks siblings, with the option to drive alfresco if the mood takes you. And yet, scarcely a few dozen convertibles grace our roads, which is a crying shame.

IT'S FOR THE SUN-SEEKERS

Granted, there are many reasons people don't buy convertibles in Singapore: the weather's too hot; the car's too impractical; the douche from your school days now drives one; you're over the age of 27; traffic fumes are bad for health; accidents are more likely to be fatal; when it rains, it pours; and unless you get your hands on the brilliant Mazda MX5, convertibles currently on sale are most likely expensive European models.

Still, you're more likely to encounter a breezy, cloudless day than an empty open road in Singapore. Then you can set the folding roof on its course, cue a fast beat (or classical music, if that's your thing) on the stereo, and enjoy the open-air experience.

This keeps driving fun when tolerating our highways' sedate

PHOTO: HORACIO VILLALOBOS/CORBIS



CABRIOLET CARE

Use these tips to take care of the soft top of your convertible, so that it lasts the distance.

DON'T BE TARDY

► In theory, you only need to clean your soft top once every six months. However, for those who park their beloved cars in open-air carparks, consider doing this once every three

months. Your enemy: nasty bird droppings that your vehicle inevitably endures under the open sky. The gooey gunk's acidic properties will hurt the waterproofing, which will give you even bigger problems.

THE SUN IS NOT YOUR FRIEND

► Looking out the window and thinking it's a beautiful day to wash your car in bright sunshine? Don't. You shouldn't do so in direct sunlight. Drying should only take place post-

speed limits or the restless 50km/h restrictions in Sentosa. There's nothing quite like feeling the rush of speed in your face or hair. The caveat: Your girl will probably not appreciate you throwing her blow-dried hair to the wind.

YOU'LL GET MORE HEADSPACE

Sometimes, there's nothing better for an overworked mind than to take a long drive by yourself. And an open-top connects you to road and nature like no other car.

It helps clear your mind, like any good drive should. Blind

spots disappear once you drop the roof.

Buying a table from Ikea? Unlimited headroom thanks to a retractable roof saves you on delivery costs.

Ridiculous small-cars-only lots like those at Shaw Centre? A convertible gives you more entry/exit options if you dare park your car with the top down.

ALL CONVERTIBLES LOOK COOL

Think about it: The plain fact that not many of them are on the roads makes your ride stand out – whether it's the handsome, understated Audi A3 Cabriolet or the cool, shouty Porsche Carrera Cabriolet.

Like hot hatchbacks and sports coupes, most (if not all) convertibles look like fun. They conjure up images of driving around with a group of friends on an open road under a blazing, cloudless sky...

By the time I'd contemplated these points, we'd only just reached the Sentosa bridge, and – you guessed it, didn't you? – storm clouds were quickly making our balmy post-proposal evening history.

I panicked. It takes the Cabriolet – at a max speed of 30km/h – nine seconds to put the roof back on. Its leather seats and our iPhones may not survive that long in a downpour.

Fortunately, we hit heavy traffic, and I quickly summoned the soft top back on, right before the heavens rained on our parade.

If there's one thing convertible owners do more than other drivers, it's to check the weather.



wash. The best time is in the morning or evening, after the peak of sunshine has passed.

BE PATIENT

► Just spent the last hour washing your soft top

fastidiously and ready to take it out for a spin topless? Hold your horsepower. Wait at least two to three hours for the fabric roof to become completely dry. This prevents the build-up of mildew and bacteria, which can damage

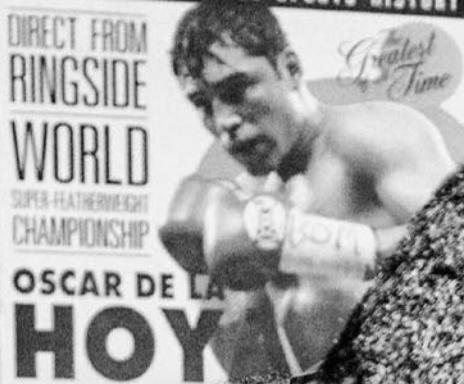
the material. Actually, your job isn't done yet: After it's dry, you will want to also use a soft-top protectant, which keeps the material from cracking in its later years.

TEXT BY KELVIN TAN

DIGITAL EXTRA!

Find out which five convertibles are worth splurging on in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.





PULL NO PUNCHES

WHAT BETTER WAY
TO LEARN THE ART OF
MUAY THAI THAN IN THE
LAND OF TOM YUM GOONG?

Most people have heard of muay thai – roughly at least, based on what Thai filmmakers have fed us through movies such as *Ong Bak* and *The Protector*. However, these lean towards a mishmash of Western-style boxing and muay boran (a primitive form of Thai combat that prizes limb destruction). The film plot may be thin as a needle, but the fight sequences are usually bang for your buck.

But how does one appreciate the Thai national sport? Learn it in the Land of a Thousand Smiles, of course. I jumped at the chance when Sri Panwa Phuket offered me a weekend stay at their resort, which also provides

■ TEXT MCKEN WONG ■ PHOTOS SRI PANWA PHUKET

private muay thai classes in a specially built boxing ring.

I feel nervous since I'm a beginner. So I try googling "basic muay thai moves" and think maybe it's not as hard as it looks. Easy as pie.

Upon landing in Phuket, I am ushered into a black Mercedes Viano and driven to the Sri Panwa resort. I feel calm as I ease into my seat, catching visions of myself executing kicks and elbows.

I should do fine. Or so I think.

One thing is certain: Muay thai is never a relaxing activity. In fact, after going through a personalised crash course, there are aspects of it that I've come to observe and appreciate.

HIPS DON'T LIE

What's a few punches and kicks? I find that out as soon as I step into the resort's boxing ring: It takes a lot of energy. After a quick warm-up, I am replicating hooks and roundhouse kicks demonstrated by my instructor, an affable chap who owns a muay thai gym downtown. "Call me Wanmai," he says. "Oh, you can add me on Facebook – Wanmai Neverdies."

My hands and feet – although taped, gloved and padded – are feeling the strain of each uppercut and forceful swing. The sparring pads, held up by the former local champion, bear the brunt of my efforts. I feel spent after 10 minutes; mimicking those moves is tougher than I thought.

Each technique is also corrected on

VENUE: Sri Panwa Phuket

ROOM RATES: From US\$500 (\$683) per night

PRIVATE MUAY THAI CLASS: 3,500 baht (\$137) per hour; 1,000 baht for each additional person; max 4 per class

CHECK OUT: www.sripanwa.com



"ALMOST ALL MUAY THAI TECHNIQUES REQUIRE THE ROTATION OF THE HIPS WHEN IN ACTION."

the fly. "Punch with your hip!" Wanmai says. Punch with my hip? I soon learn that almost all techniques in this sport require the rotation of the hips when executing an action, which means a reliance on the core muscles.

The roundhouse kick, too, is a basic but integral movement, with most of its power derived from a solid hip rotation – meaning to say, each muay thai technique involves moving the whole body.

RAISING THE INTENSITY

Crank up the number of reps per technique and that's when you feel the intensity. Wanmai, not surprisingly, knows how to heat things up. He'll lift his left sparring pad, yelling "Jab!" before hoisting his right a split second later, shouting "Elbow!"

He knows you're exhausted, but he's got the experience to push you further, always heading into every three-minute water break with a little drill. "Right kick, 10 times! Left knee, 10 times!" he bellows with a smile. Really.

Research has shown that an hour of kickboxing can burn up to 700 calories, but I am drained after half of that. If you're searching for something that provides effective cardiovascular conditioning, choose this. The sport is both an aerobic and anaerobic exercise – which means you can expect a vast improvement in your cardiovascular performance.

INTELLIGENCE REQUIRED

Besides your stance, kicking techniques and footwork are vital aspects of muay thai. Not only do you require lower-body power and strength, one has to be smart in predicting the opponent's next move. A shift in direction or a slight adjustment of the feet might signal an impending roundhouse kick coming your way.

Since such kicks are most common, there's a way to counter them. "Block with your shin," says Wanmai before catching me off-guard with his own kick. "Stay alert!" he beams.

Of course the fighter has to be clever when it comes to the offensive side as well. Counter-moves represent a quick antidote that turns defence into offense.

For example, you can grab an incoming foot jab and return it with a spinning elbow to your opponent's face. Wanmai is patient as he goes through it step by step. This is a fairly easy technique, perhaps in the same category as a swan-neck clinch (holding the rear of an opponent's neck before a strike).

But when I am placed in a sparring match with him in my final lesson, these techniques are quickly forgotten. There is no doubt Wanmai is staying on the defensive and allowing me to attack. He wants me to put together what I've learned, even hurl the kitchen sink at him if I could.

He blocks, harries me intermittently with some kicks and punches, blocks again, and basically toys with my fast approaching fatigue. His footwork draws me off balance on a couple of occasions with each flailing strike (once again highlighting its importance).

When the 10-minute mark is almost up, I know what's coming.

Wanmai climbs onto the steel pole at the corner of the ring, sits on it and yells: "Punch my stomach. Twenty times!"

Like I said: Easy as pie. (Not.)

DOMINATE YOUR PICK-UP GAME

MASTER THESE TIPS AND YOU MIGHT JUST BECOME THE NEXT JEREMY LIN.



ATTACK THE FOOT

► Most of the time, your defender will have one foot forward, says Collin Castellaw of the online hoops instruction site Shot Mechanics. Drive to the hoop with your "mirrored" foot – the one in line with your opponent's forward foot. That'll put him off balance, giving you an advantage.

SHINE THE GLASS

► When a player shoots a brick, the rebound can go in only one of four directions – short, right, left or long, Collin says. But most players shoot off the back of the rim, which means the rebound is most likely to go long. Position your body accordingly: First, box out your man, and then shift your position so your back is to the baseline. Locate the ball and snatch it up. "It's not about jumping highest but about being in the right spot," he says.

SECRET WEAPON

The gear to take you to the top of your game.

If you've noticed, many basketball players don arm sleeves on the court – some for aesthetic reasons, others to reduce pain or prevent injury. The Under Armour Shooter Sleeve is more than just

a piece of flashy accessory. It's an ultra-tight compression sleeve that boosts arm-muscle performance by increasing blood circulation. It'll protect the wearer from cuts and bruises, and the

incorporation of Heatgear fabric keeps the player dry and cool. The sleeve also has UPF30+ rating that guards you from harmful UV rays. **\$25, www.underarmour.com.sg.**



PHOTO: ERIK ISAKSON/CORBIS

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The image shows a Samsung smartphone displaying the front cover of the August 2015 issue of HWM Singapore magazine. The cover is yellow with large black text 'HWM' and 'SINGAPORE'. The title 'E3 AND THE STATE OF THE GAMING INDUSTRY' is at the top. A large '50' is in the center, surrounded by various tech icons and text. The phone is positioned in front of a physical copy of the magazine, which is also yellow with the same design. The background is a solid teal color.

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FIT TO A TEE

T-SHIRTS ARE THE STAPLE OF EVERY MAN'S WARDROBE. USE THESE TIPS FROM MITCH CHILSON, CELEBRITY TRAINER FOR *FIT FOR FASHION*, TO FILL THEM OUT AND LOOK YOUR BEST - FAST.

"One of the most effective ways to maximise your time at the gym and get the most out of your workout is to do supersets," says Mitch Chilson (left), head of personal training at Fitness First Asia. "Alternating between upper- and lower-body exercises can help muscle growth. Use big compound exercises that challenge the muscles to work harder."

Here's what he recommends: Do squats paired with pull-ups, followed by single-leg deadlifts with bench presses, and then single-arm dumbbell rows with overhead dumbbell presses. Complete eight reps per exercise. That's one set. Do three. Now that you've got your beach-ready body, choose your T-shirt on the next page.





PICK THE RIGHT T-SHIRT

If you find yourself reaching for freebies with faded graphics and discoloured armpits, it's time to invest in a few new ones (not just whatever is on offer at the mall).

Crew or round-neck

A wardrobe workhorse that suits any body shape and size, the round-neck can be paired with tailored shorts or flat-front trousers to carry you from day to evening effortlessly. Leave patterned, brighter or graphic tees for daytime. And if you're over the age of 25, avoid ostentatious brand slogans – you're not a walking billboard. This style of T-shirt doesn't date, so get the highest-quality cotton you can afford in plain or simple style, and it'll last years.

1 PRINTED COTTON TEE, \$39.90,
www.topman.com

2 PRINTED COTTON TEE, \$24.90,
www.uniqlo.com.sg

Long-sleeved

Use this tee to give the illusion of height and multiple options for your wardrobe. Invest in flexible colours such as black, white and red to ensure you're never short of a new look.

2 STRIPED LONG-SLEEVED
TEE, \$29.90,
www.uniqlo.com.sg

V-neck

This is a body-revealing cut that suits a worked-out chest. It can also complement a casual suit jacket, as the angular pointed neckline matches the contours of the lapel.

3 V-NECK COTTON TEE, \$40,
www.gap.sg

"MAXIMISE YOUR TIME AT THE GYM BY DOING SUPERSETS, ALTERNATING BETWEEN UPPER- AND LOWER-BODY EXERCISES," SAYS CELEBRITY TRAINER MITCH CHILSON

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MILITARY DETAIL

ENGAGE THE SERVICES OF THESE WARRIOR-INSPIRED WATCHES FOR A TOUCH OF BADASS IN YOUR EVERYDAY OUTFIT.

TEXT KENNETH WEE PHOTOGRAPHY JASPER YU
ART DIRECTION PAULINE TAN STYLING SHEH

M

ilitary precision may not be the main motivation when you choose a watch, but that's how the modern ticker came to be. Advancements in aeronautics spawned the creation of the first wristwatch.

So it's no surprise that the longest-serving, most practical and downright coolest timepieces often take their style cues and functionality from the armed forces (not to mention an emphasis on focus, determination, adventure and punctuality).

Maybe it's time you enlisted one for active duty.





1→TISSOT V8

This chronograph is a visual reminder to move fast – featuring an automotive design, a tachymeter bezel (for calculating speed) and a high-accuracy Swiss quartz movement. It's water resistant to 100m, and scratch resistant thanks to the use of sapphire crystal. **\$510**, www.tissot.ch

2→POLICE GEAR

The chunky stainless steel case is a nod to heavy-duty machinery, making you feel more like the Terminator on a mission than another cog in the wheel. Water resistance to 100m ensures it weathers the storm with you. **\$269**, www.aristasingapore.com

3→G-SHOCK GULFMASTER

Designed to resemble marine instrument panels, this watch is built for the high seas. It's packed with advanced tech specs such as sensors for altitude,

temperature and barometric pressure, and navigation tools like a digital compass, tide graphs and a moon phase display. White LEDs provide illumination in the dark – as if the gold trims on navy blue weren't already cool enough. **\$549**, www.casio-intl.com

4→PUMA MOTOSPORT

This chronograph stays faithful to the fundamental role of the wristwatch among the armed forces, with a stainless steel case that's water resistant to 50m, and large numbers for easily readability. **\$248**, www.puma.com

5→TED BAKER SPORT COLLECTION

A clean dial and polished case makes this chronograph that's water resistant to 100m simply officer-class, which will complement a suit or blazer. **\$415**, www.aristasingapore.com



THESE TICKERS HELP YOU
STAY SHARP, LOOK SMART.

**GALLERY**

Report to our digital edition for more military-style watches. Download Men's Health Singapore now on Magzter or Apple Newsstand.

1→TIMEX EXPEDITION BASE SHOCK

A large digital screen makes tracking your progress a breeze, while a shock-resistant resin case and water resistance to 100m make it sturdy enough for the toughest deployment. A grey camo strap helps you stand out without screaming GI Joe. **\$148**, www.timex.sg

2→SWATCH SPERULINO

A trendy green dial and silicone strap in a similar hue on this chronograph keep the look light – with a clear but subtle nod to its association with the army. **\$167**, www.swatch.com

3→LUMINOX P-38 LIGHTING SERIES

The design pays homage to the Lockheed P-38 Lightning, a World War II American fighter aircraft. The cushion-shaped

stainless steel case houses a dial with fonts directly inspired by those in the instrument panels of the plane's cockpit. **\$2,027.70**, www.crystaltime.com.sg

4→EDOX CLASS-1 GMT WORLD TIMER

The combo of red, white and black offers tactical, at-a-glance legibility to the wearer. It's resistant to shock, sports an anti-scratch black ceramic bezel, and boasts exceptional water resistance to a depth of 300m. **\$5,243**, www.crystaltime.com.sg

5→NAUTICA BFD 105 CHRONOGRAPH

Hit the big time with this watch that measures a generous 50mm. The olive green synthetic leather strap and handsome green-grey dial will look as good on the battlefield as it does in the boardroom. **\$359**, www.nauticawatches.com

4



5



SHOWER STAPLES

MINIMISE THE MINUTES YOU TAKE BATHING BY USING THESE ALL-IN-ONE CLEANSERS.

CRABTREE & EVELYN INDIAN SANDALWOOD HAIR & BODY WASH

This product is rich in wood and spice notes and, more importantly, is free of parabens and propylene glycol to reduce the chance of skin irritation. It gives off a thick lather on both your hair and dermis, and the glycerine in the formula will help you retain your skin's moisture post-shower.

How much: \$30, www.crabtree-evelyn.com.sg

THE BODY SHOP FUJI GREEN TEA BODY SCRUB

Perfect for cleansing and exfoliating, this product helps lift away dead cells and prepares your skin before you plonk on some much-needed moisturiser. A key ingredient is Japanese green tea, which has an antioxidant effect and leaves your dermis feeling healthier.

How much: \$36.90 for 250ml, www.thebodyshop.com.sg

KIEHL'S BODY FUEL ALL-IN-ONE ENERGIZING WASH

According to a survey run by Kiehl's, 78 percent of men prefer a shower routine that's as simple as possible. To that end, it has formulated this product, which packs the power of a body wash and shampoo that can remove excess oil, sweat and impurities. Boasting caffeine, vitamin C, zinc and menthol in the mix, its uplifting aroma kick-starts your senses for optimal performance when

you step out of the shower.

How much: \$39 for 250ml, www.kiehls.com

B/GAKU CHARCOAL FORCE SOAP

This item for the face and body contains bamboo charcoal, persimmon tannin extract and tea tree oil. The anti-bacterial properties of the charcoal have a deodorising effect, and thoroughly washes away dirt, oil and impurities from your skin and pores. Perfect for a post-Sunday football scrap.

How much: \$24, www.haba.com.sg

L'Occitane CEDRAT SHOWER GEL

Enriched with organic Corsican cedar extract with energising properties, it invigorates the skin and brings suppleness and shine to your hair. If you're a fan of citrus scents, you'll enjoy taking showers with this product. Just try not to drool from the olfactory overload.

How much: \$33 for 250ml, www.sg.loccitane.com



EMERGENCY KIT

FINE TOILETRIES TO KEEP YOU LOOKING FRESH AFTER A RED-EYE FLIGHT, LONG DAY AT WORK OR SLUMBER PARTY.



1/GILLETTE FUSION PROGLIDE STYLER

Ditch the cheap disposable razor, and reach for this waterproof product that trims, shaves and edges – with a selection of a flexible shave head, a separate blade for defined finishes, and three exchangeable clip-on combs.

\$29.90, www.gillette.com

2/LAB SERIES MULTI-ACTION FACE WASH

Travel light with do-it-alls

like this item, which cleanses pores, exfoliates skin and softens the beard for an easier shave.

\$41 (100ml), www.labseries.com.sg

3/BILLY JEALOUSY COMBAT LINES FACE MOISTURIZER

Cabin air can seriously dry your skin, so moisturise. Pack a multi-tasking face lotion like this one, which comes with SPF 30 for dual protection.

\$59 (88ml), www.whatthewants.com.sg

4/CLINIQUE FOR MEN ANTI-FATIGUE EYE GEL

This cooling roll-on gel instantly hydrates and brightens tired-looking eyes by reducing puffiness and dark circles (and gets absorbed easily). Next!

\$55, www.clinique.com.sg

5/GENTLEMEN'S TONIC CLASSIC SHAVE CREAM

Don't let your shaves suffer when you're on the go. This pre-shave product contains essential oils to soften and soothe the skin.

\$35 (100ml), www.whatthewants.com.sg

6/LAB SERIES PRO LS LIP TECH LIP BALM

Fix dry lips with this moisturising balm that has a menthol-cool matte finish, and won't leave you looking embarrassed (like you'd swiped your girl's lip gloss).

\$19, www.labseries.com.sg

7/SHISEIDO STAGE WORKS TRUE EFFECTOR

Forget gels and pomades – they weigh you down on the road. Try a lightweight wax like this one. It returns texture and life to unkempt bed heads, and provides a pliable hold and matte finish. It's water soluble, so it rinses out easily when you finally hit the shower. \$30, available at Shunji Matsuo salons

A soldier in camouflage gear, including a camouflage bucket hat and a camouflage uniform, is aiming a rifle. The background is a dark, textured surface.

The stress-busting trend of mindfulness is all the rage, but why yawn through meditation when you can sharpen your mental focus and blast away anxiety? With these action-packed adventures, it's relax... or die.

ADRENALIN ZEN

PHYSICAL PAIN AND MENTAL ANXIETY IS NOT A SOLID STATE BUT A FEELING YOU CAN OVERCOME AND LET GO. LEARN TO CARE ABOUT WHAT'S IMPORTANT AND FORGET THE REST.

GOOD NEWS FOR THOSE SEEKING TO RE-ASSERT CONTROL OVER THEIR FRAZZLED MINDS WITHOUT TURNING TO NEW-AGE PASSIVITY:

1

NAVY SEALS HELL NIGHT IN THE U.S.

Terminate stress with extreme prejudice on a gun-toting week with the US military.

■ TEXT MARK BAILEY ■ PHOTO LEIF SKOOGFORS/CORBIS

→ Adventure challenges emulate mindfulness by anchoring you in the here and now, and give you the mental perspective needed to vaporize everyday worries. "Meditation puts you in a 'mindful' state, whereas in an adventure sport, the experience simply does it for you," says psychologist Eric Brymer. Upgrade your holiday to one of these nail-biting expeditions and return home with a calmer, tougher mind.

→ **The Adrenalin** Client meetings and tax bills are forgotten when you're locked in close-quarter combat firing an AK-47. "You will hit the wall and run right through it," says retired Navy Seal Don Shipley. "The highlight is Hell Night, when we physically exhaust you with sprints and pull-ups, then do late-night operations." All with a Navy Seal screaming in your face. Aligning your chakras this ain't.

The Zen A technique known as the "mindfulness of physical discomfort" involves learning to identify, tolerate and break down every ache in your body, and accepting that physical pain – and mental anxiety – is not a solid state but a feeling you can overcome and let go. A week of Navy Seal beatings will have the same impact. "You learn to suck up stress and never give in," says five-time course survivor Mike Clarke. "It's not 50 reps; it's one rep, 50 times." Don adds: "We teach guys not to give a hoot. You learn to care about what's important and forget the rest."

Ready Yourself "The mind fails before the body, so train in ways that strengthen both, like executing bodyweight circuits to failure," says Royal Marine-turned-trainer and actor Sean Lerwill. "Do 10 burpees, 20 lunges, 10 pull-ups and 10 press-ups, and repeat as many times as possible in 20 minutes."

More Info The Advanced Training week starts at \$3,200. www.extremesealexperience.com

LIKE THAT?
TRY THESE

Mental boot camp
Engaging in simulated missions will teach you to assassinate anxieties and order your mind with military precision. www.special-forces-adventure-training.co.uk

Fight back
If you're keen for some pain, suffering and discipline without the military drama, sign up for muay thai training in Sri Panwa Phuket. www.sripanwa.com

RIVER BUGGING IN SCOTLAND

Drown your anxieties with a hardcore river-bugging mission in the Spean Gorge.

► The Adrenalin

Hurtle face-first down churning rapids in the Scottish Highlands on an inflatable sled called a "river bug" for the maximum mind-rush. "It is a 5km long gorge and there is only one way out," says Ben Starkie of Vertical Descents, which offers the only full-day expedition in the UK. You'll face technical rapids like "Headbanger" and "Cauldron," navigate drops and jumps, and endure an extreme physical challenge.

task in hand. "These bursts of activity improve our mental clarity and heighten our alertness, because in extreme adventures we need to focus on one task," says Dr Rhonda Cohen, a sport psychologist at Middlesex University in the UK. You'll rapidly power through your to-do lists when you get home, and pinging e-mails will no longer irritate you.

Ready Yourself

To get ship-shape for river bugging, physical trainer Ben Camara recommends tackling a circuit of calf raises, box jumps, Russian twists, bear crawls and thrusters. "Do four sets of 40 seconds per exercise twice a week for six weeks, and you'll be ready for any river."

More Info

Extreme bugging costs \$180 per day. www.verticaldescents.com

LIKE THAT? TRY THESE

Soca it to stress
Refocus your mind with intense river bugging in Slovenia's Soca River. Your brain will be too busy processing rapids to worry about troubled waters back home. www.sloveniarafiting.si

Waterboarding
Swap rapids for plunging waterfalls with an epic canyoning quest in Austria's Ötztal Valley. After hurtling through grottos and abseiling down waterfalls, you'll float through your next office presentation. www.rafting-oetztal.at





AS YOU FLY DOWN A BUBBLING CAULDRON OF WATER, YOUR MIND WILL AUTOMATICALLY REACH RAZOR-SHARP PRECISION. FILTER OUT UNHELPFUL THOUGHTS AND FOCUS ON THE TASK IN HAND.



THE CONTROLLED BREATHING OF SCUBA DIVING
APES "MINDFUL BREATHING" FOR A MORE
POTENT DOSE OF MENTAL RESTORATION.



PHOTO: KAREN DOODY/CORBIS

3

CENOTE DIVING IN MEXICO

Wash away your worries with a diving expedition in these submerged caverns.

→ **The Adrenalin** The shadowy natural sinkholes of Mexico's Yucatan Peninsula were worshipped by the ancient Mayans as the entrance to the underworld, but today they are your gateway to adventure. Plunging into Dos Ojos ("Two Eyes") and Caverna de Murcielagos ("Bat Cave"), you will face claustrophobia and darkness before enjoying a fish-eye view of mysterious caverns and stalactites.

The Zen Mindfulness gurus recommend meditating by focusing on your breath's journey from your nostrils to your belly as a way of improving awareness and breaking down anxiety. The controlled breathing of scuba diving

apes "mindful breathing" for a more potent dose of mental restoration. "You have to remain aware of how you feel at every moment and reduce anxiety with controlled breaths," explains extreme diver and author Andy Torbet.

Ready Yourself Divers must use frog kicks to avoid stirring up visibility-wrecking silt from the cenote floor. Andy explains: "It's like the breast stroke – but with knees bent at 90 degrees, so the feet are held away from the cavern floor." Practise in the pool before you travel.

More Info Padi Open Water courses available from \$790. www.divecenotesmexico.com

LIKE
THAT?
TRY
THESE

Continental drift

Humdrum worries will float away when you're literally swimming between continents in Silfra in Iceland – a deep underwater rift between the North American and Eurasian tectonic plates. www.dive.is

Nervous wreck

Scare away anxiety by exploring the sinister skeletal remains of World War I German battleships scuttled in Scapa Flow in Scotland's Orkney Islands. www.scapascuba.co.uk

HELI-BIKING IN NEW ZEALAND

Anchor yourself in the present by hurtling down The Remarkables.



► **The Adrenalin** From the heart-pumping helicopter trip into this high-altitude playground to the frantic mountain-bike journey down snow-capped peaks, steep rocky trails and creaking suspension bridges, a 2,000m heli-biking adventure in New Zealand drips with adrenalin. "The risk is real," says Jenny Caunt, co-founder of trail-cycling company Himalayan Single Track. "But heli-biking is a true adventure in which the rider goes to the edge of his limits and into unknown locations."

The Zen One mindfulness exercise requires you to immerse yourself in the here and now by mentally listing five things you can see in the moment, in order to focus on what's important and stop worrying about a future you can't control. When you leap out of a chopper and start freewheeling down a mountain range, you will reach superhuman levels of awareness about yourself and your surroundings that will naturally focus your mind and prevent fractured thinking. If you can handle sharp rocks and steep drops in real time, you can deal with life's other obstacles, too.

Ready Yourself "To tackle rocky trails, use your arms and legs as suspension, and stand up on the bike with your weight shifted backwards over the saddle," says extreme mountain-bike legend Hans Rey.

More Info Rides begin on Ben Cruachan peak and start at \$357 per person. www.vertigobikes.co.nz/tours

LIKE THAT?
TRY THESE

Get high
Recreate the buzz in Europe at the Bardonecchia Kona Bike Park in Italy, which has trails rising to 3,009m and 10m platform jumps. www.bardonecchiaski.com

Downhill danger
Skid down 555m of the World Cup downhill course in the Nevis Range in Scotland. Then take the gondola to the top and blast your anxieties away again and again. <http://bike.nevisrange.co.uk>

VIA FERRATA IN ITALY

Let nature clear your mind by upgrading your lunchtime stroll to a mountain hike.

► **The Adrenalin** On a via ferrata (fixed iron wire route) in the Italian Dolomites, you can conquer jagged peaks like a pro mountaineer. Leave the easy options to the tourists and hook yourself into a hardcore 3- to 5-day expedition on the Bocchette Alte to scale giant pillars of rock and skirt narrow ledges with 1,000m drops.

The Zen "Mindful walking" involves monitoring your limbs and soaking up sights as you walk through a natural environment such as a forest. By boosting your sensory awareness, you learn to lock yourself in the now and ignore future worries. Shuffling over stomach-churning drops on the Bocchette Alte is

an extreme dose of "mindful walking" that will force you to prioritise your thoughts. "Self-directed adventure activities teach you to take control and put work stress back in context," says Prof Brymer.

Ready Yourself "Relax your hand grip," says climbing coach Robbie Phillips. "It sounds counterintuitive, but this will save your forearms."

More Info
Three-day guided trips from \$1,008. www.discoverydolomites.com

LIKE
THAT?
TRY
THESE

Ice cool
Melt away mounting worries with an ice-climbing expedition on a frozen waterfall in Norway, where every thrust of your axes and crampons will freeze your mind into ice-cold clarity.

www.alpineguides.no

Rule your mind
Spain's Caminito del Rey via ferrata is only 7.7km long but the vertiginous drops and the 105m-high footbridge will trigger an adrenalin jolt that will obliterate any mental fog.

www.caminitodelrey.info

High and mighty
Teeter on the knife-edge mountain trail of the Aonach Eagach Ridge in the Scottish Highlands and you'll soon swap fractured thoughts for adrenalin-surged zen.

www.walkhighlands.co.uk

BY BOOSTING YOUR SENSORY AWARENESS, YOU LEARN TO LOCK YOURSELF IN THE NOW AND IGNORE FUTURE WORRIES.



EXTREME CAVING IN SWITZERLAND

Master mind and muscle control on a crawl through the infamous Holloch.

SQUEEZING THROUGH NARROW GAPS IN PITCH BLACK, YOU'LL FEEL ALIVE TO EVERY TOUCH AS YOU USE YOUR HANDS AND FEET TO NAVIGATE.

► The Adrenalin

Encounter total darkness, confinement and unique subterranean scenery on a two-day expedition in Switzerland's 200km Holloch ("Hell Hole") cave system. Heavens!

The Zen

Squeezing through narrow gaps in pitch black, you'll feel alive to every touch as you use your hands and feet to navigate. It's similar to a mindfulness "body scan" during which you zone in on the physical sensation of every part of your body – to learn how to rapidly re-order mental perspective during stressful moments. This intensely tactile experience helps you master tension in your body and detox your mind.

Ready Yourself

"Crawl using your toes and elbows – instead of your belly – to minimise friction," says Nigel Atkins of Caver Training.

More Info Two days from \$650. www.trekking.ch

LIKE THAT?
TRY THESE

Peak performance

On a two-day caving mission in the UK's Peak District, you will journey through an active stream cave using ropes, equipping you with the tools to handle any mental pitfall. www.cavertraining.co.uk

Dark waters

Sharpen your self-awareness by battling waves and darkness on a kayaking expedition into the ever-narrowing sea caves of Britain's Pembrokeshire coast. www.mayberrykayaking.co.uk

POWER LIST'

1

Jack Of All Trades

GET THIS: Apple iPod Touch.

READY FOR: Envious looks from bored passengers on the train. This portable entertainment device has come a long way, and listening to music – now made easier with the Apple Music service – is no longer the gadget's bread and butter. In fact, extra goodies such as the 8-megapixel iSight camera has been added to appease closet photographers. What's more, the device is now running on the A8 chip – with 10 times faster graphics performance – for an all-new level of immersive gameplay. Oh, yes, there are new colours, too.

THE BEST PART: Enhanced fitness tracking with the M8 motion coprocessor, which also resides in the iPhone 6. Not only does the user get step-tracking capabilities, the M8 also provides digital image stabilisation when you take a shot. Shaky hands? No problem.

COST: From \$278, www.apple.com/sg.



Utility Wrist

GET THIS: Leatherman Tread Wearable Multi-tool.

READY FOR: An easier life. What looks like a shiny bracelet is actually a utility tool that is made from high-strength stainless steel. Featuring multiple individual links that perform two to three functions each – as a screwdriver and allen key, for example – the wearer can customise the bracelet to fit any wrist size.

THE BEST PART: Basically, it enables anyone to have up to 25 tools at his disposal – a very convenient solution to everyday problems (like opening a beer bottle) that might arise.

COST: US\$150 to US\$200 (\$206 to \$274), www.leatherman.com.

2



3 Intelligent Analog

GET THIS: Casio Infiniti Red Bull Racing Limited Edition (EQB-510RBM-1A).

READY FOR: Classy timekeeping. Know of tickers that people constantly steal glances at? This model is one. Its embedded Bluetooth Smart technology allows wearers to sync time with more than 300 cities worldwide by sub-dial.

The uncluttered, high-contrast watch face provides easy readability, besides being protected by sapphire glass and framed by a cool rose-gold ion-plated case.

THE BEST PART: User-friendliness. One can easily switch the time displayed on the inset dial to the main using the watch or a smartphone. The timepiece can also be automatically adjusted to the right location, and even account for daylight savings time.

COST: \$799, www.casio-intl.com/sg/en.

4



Shoot On Sight

GET THIS: Nerf Zombie Strike Doominator.

READY FOR: Wiping the grin off from your mate's face. Relive childhood memories of playing Rambo by getting your hands on this beastly toy. Set up a makeshift battlefield – office or home – and wage war on each other, while trolling your enemies by firing up to 24 darts without reloading. How is this possible? Four six-dart flipping drums, that is. But do carry extra ammunition since you won't have unlimited bullets like Sylvester Stallone.

THE BEST PART: The three-position handle allows the attacker to be steady as he fires round after round, increasing accuracy and providing comfort while laying out Nerf foam destruction.

COST: \$69.90, www.nerf.hasbro.com/en-sg.

Gold Rush

GET THIS: Puma Arsenal Away Shirt.

READY FOR: Wembley, if you're a positive Gunners fan. Discounting club affiliations and focusing on the aesthetics, this top features gold diamond graphic panels that move away from the traditional yellow tones of the team's away shirt. It also retains Puma's form strip as a mesh panel on the shoulders, and one will appreciate the underarm mesh inserts (for breathability) during an afternoon kick-about.

THE BEST PART: The science that goes into making this shirt. The presence of micro-massaging tapes helps to provide a faster energy supply to active muscles, while moisture from your skin is wicked away by Puma's Drycell technology.

COST: \$109, www.puma.com.

5





61

Apple Alternative

GET THIS: Pebble Time.

READY FOR: Charging your smartwatch once a week.

Compared to other smart tickers that usually go flat after one to two days, this one runs a marathon. Fairly basic, the timepiece runs on an always-on colour e-paper display, protected by Gorilla glass that allows you to read time even under harsh sunlight. It's also compatible with both Android and iOS phones, as you need to pair them up for the ticker to work.

THE BEST PART: The watch's interface called Timeline. Your app notifications, events and news are now laid out in chronological order, without requiring you to launch a specific app just to read them.

COST: US\$199 (\$273), www.getpebble.com.

7



No More Tangle

GET THIS: Plantronics Backbeat Fit in Lava.

READY FOR: High-energy, head-boppin' beats sans tangled cords. This Wireless Bluetooth stereo headphones is designed for active users who place music as an essential part of their workout. The gadget's in-ear stabilisers ensure a snug fit that prevents slippage, while its rugged, sweat-proof design allows you to take on high-intensity exercises without fearing that you'll damage it. Music-wise, the wearer can enjoy rich sounds produced by powerful speakers and a custom codec.

THE BEST PART: Hands-off control. The headphones have a built-in microphone that allows you to take and make calls without struggling for your smartphone. There's even on-ear controls to manage your music.

COST: \$219, www.plantronics.com/asia.



Personal TRAINER



94 MUSCLE

RACE-READY IN 35 DAYS

Are you revved up for the Straits Times Run? Build the strength and speed to overcome the 18.45km route and finish in style.

96 MUSCLE

STEP UP TO THE GODS' QUADS AS GYM MOVES GO, THE SQUAT COULDN'T BE LESS APPosite. WITH ITS ROOTS IN ANTIQUITY, THIS TECHNIQUE IS YOUR KEY TO SCULPTING A TRULY DIVINE PHYSIQUE.

110 NUTRITION

FIERY PROTEIN KICK FASTER THAN A DEADLY DRIVE-THRU, WHIP UP A PILE OF PROTEIN AND LEAFY GREENS, PLUS A SPICY JAB IN THE PALATE.

98 FITNESS

LOSE YOUR BELLY, GAIN THE WORLD CHRIS PRATT WAS ONCE A FAT GUY. NOW HE DOES HALF IRONMANS. YOU GOT A FEW KILOS TO LOSE? FOLLOW HIS LEAD.

111 HUMAN RACE

WORK-LIFE BALANCE

WHEN IT COMES TO RUNNING, BUSINESS AND PLEASURE DO MIX, REVEALS OUR RUNNER OF THE MONTH.

108 BREAKTHROUGH

YOUR BEST FINISHING MOVES

COMPLEMENT YOUR LIFTING SESSIONS WITH THESE "ACCESSORY" TECHNIQUES.

112 REV YOUR RUN

ALL ABOUT THAT BASE LAY THE GROUNDWORK NOW TO RUN STRONGER ALL YEAR.

RACE-READY IN 35 DAYS

ARE YOU REVVED UP FOR
THE STRAITS TIMES RUN?
BUILD THE STRENGTH
AND SPEED TO OVERCOME
THE 18.45KM ROUTE AND
FINISH IN STYLE.

Straits Times Run 2015

DATE: Sept 27, Sunday

REGISTER AT:

www.straitstimesrun.com

GOODIES: Up to \$400

worth of items,

including a New Balance

running vest and Chan

Brothers travel

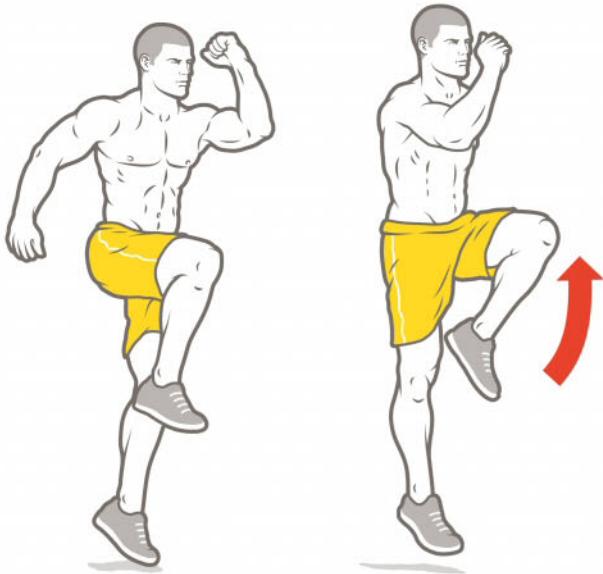
vouchers.

1

WARM-UP

1/ POWER SKIP

Skip forward, propelling yourself as high as you can by driving your knee into the air. As you thrust each knee up, swing your opposite arm upwards to get as much lift as possible. Do 20 skips (10 each leg).



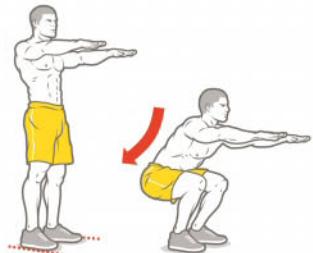
2/ BEAR CRAWL

Get on all fours with your hips up and your knees bent roughly 90 degrees. (Only your hands and toes should be touching the floor.) Crawl forward 20m and then backwards 20m, moving your opposite hands and feet together (left hand and right foot, right hand and left foot).



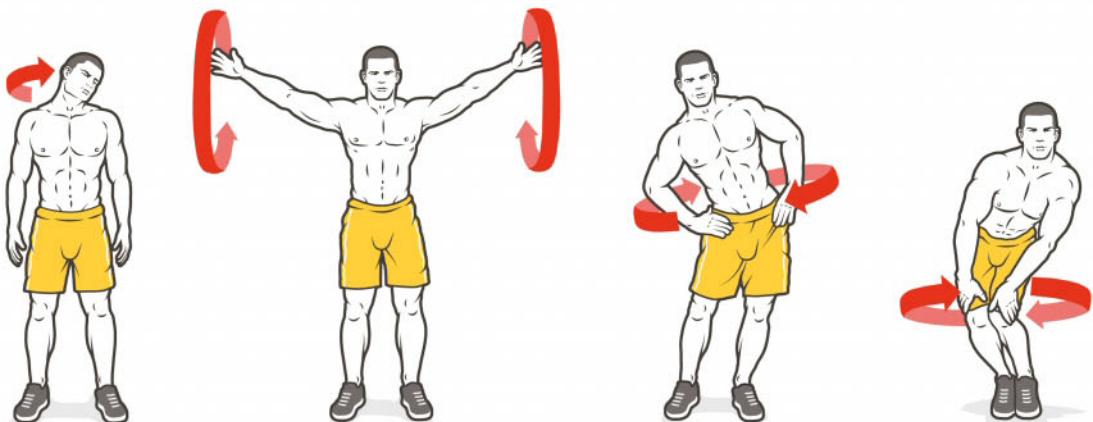
3/ BODYWEIGHT SQUAT

Stand as tall as you can, feet shoulder-width apart, and hold your arms straight out in front of your chest. Push your hips back and lower your body until your thighs are at least parallel to the floor. Drive back up to the starting position. Repeat as quickly as you can. Do 20 reps.



4/ JOINT CIRCLES

Perform 10 circles in each direction (clockwise and counterclockwise) for each of the following body parts without rest. **NECK:** Tuck your chin and try to touch each ear to shoulder as you roll your head. **ARMS:** Hold them straight out to your sides, palms forward. Start with small circles and progress to larger ones. **HIPS:** Place your hands on your hips, guiding them through exaggerated circles. **KNEES:** Place your feet together so that your knees touch. Now bend your knees and place your hands on them, guiding them through exaggerated circles.



2 WORKOUT

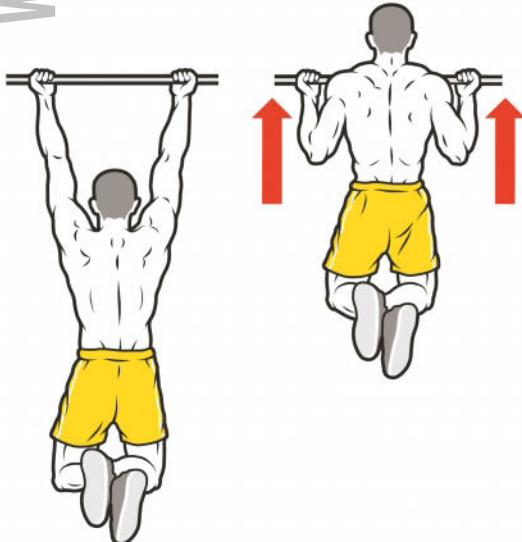
DIRECTIONS

Alternate between strength and cardio days, doing three of each (plus a rest day) per week for five weeks leading up to the race. On strength days, start with the warm-up before proceeding with the workout. On cardio days, start with 10 minutes of light jogging. Then alternate between Week A and B in Cardio Plan before proceeding with the workout. If you don't have a strong aerobic base, start logging kilometres for a month before doing this programme.

► **DESIGNED BY** Joe DiStefano, director of fitness and training at Spartan Race

► **BEST FOR** Building the upper-body muscle, total-body power and endurance needed to run a race – or just be in your best shape ever

► **EQUIPMENT** Chin-up bar, kettlebell and balloon

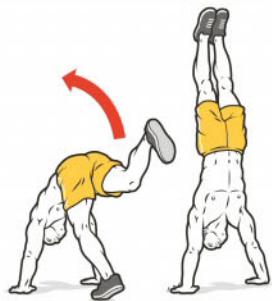


1/ CHIN-UP

Grab a chin-up bar using an underhand grip and hang at arm's length. Pull your chest to the bar, pause, and slowly lower your body back to the starting position. Complete as many reps as you can in 10 minutes, resting as needed. If that's too hard, do a band-assisted chin-up: Secure a resistance band to the bar, loop it around your knees, and then follow the instructions above for the chin-up.

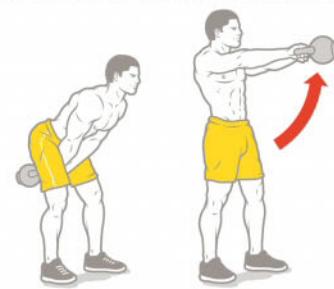
2/ HANDSTAND HOLD

Place your hands on the floor 15cm to 30cm from a wall, fingers spread wide. Kick one leg at a time into a handstand. Hold as long as you can, then rest three minutes. That's one set. Do three. During each rest period, lie on the floor and blow up a balloon three times, using as few breaths as possible (this will work your diaphragm, improving stability and power). If you can't hold a handstand, do a pike hold (feet on bench, hips raised high, hands on floor).



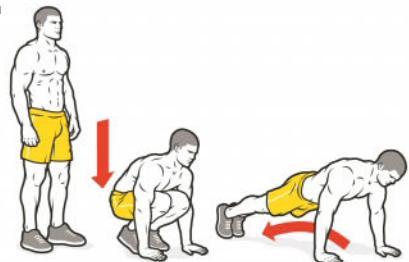
3/ KETTLEBELL SWING

Set a kettlebell on the floor, spread your feet just beyond shoulder width, and grab the handle with both hands. Swing it back between your legs, then up to chest level, then back between your legs. That's one rep. Do six. Set the bell down, do three broad jumps, and then bear-crawl for 90 seconds with a shoe on your back. (Note how many times it falls – you'll need that number for the next exercise.) Rest 90 seconds. Do this five times.



4/ BURPEE

Stand with your feet shoulder-width apart. Now push your hips back, lower your body as far as you can, and place your hands on the floor by your feet. Kick your legs back into a push-up position. Do a push-up (elbows tucked, body straight), and then bring your feet back to your hands and stand up. That's one rep. Do 10 reps for each time the shoe fell while you were bear-crawling between sets of the kettlebell swing.



CARDIO PLAN: WEEKS A AND B

The fast track to more speed and stamina.

WEEK A

DAY 1 / INTERVALS

2,400m (six laps) for time.*

WEEK B

1,600m (four laps) for time. Walk 10 minutes. Repeat.

DAY 2 / INTERVALS

6x400m for time. Walk 200m between intervals.

DAY 3 / DISTANCE

Trail run (or jogging path) for 90 minutes. Every 10 minutes, stop and do 10 walking lunges or burpees.

Trail run (or jogging path) for 90 minutes. Every 10 minutes, stop and do 10 walking lunges or burpees.

*Head to the track at a nearby school or university to complete these workouts.



STEP UP TO THE GODS' QUADS

AS GYM MOVES GO, THE SISSY SQUAT COULDN'T BE LESS APPosite.

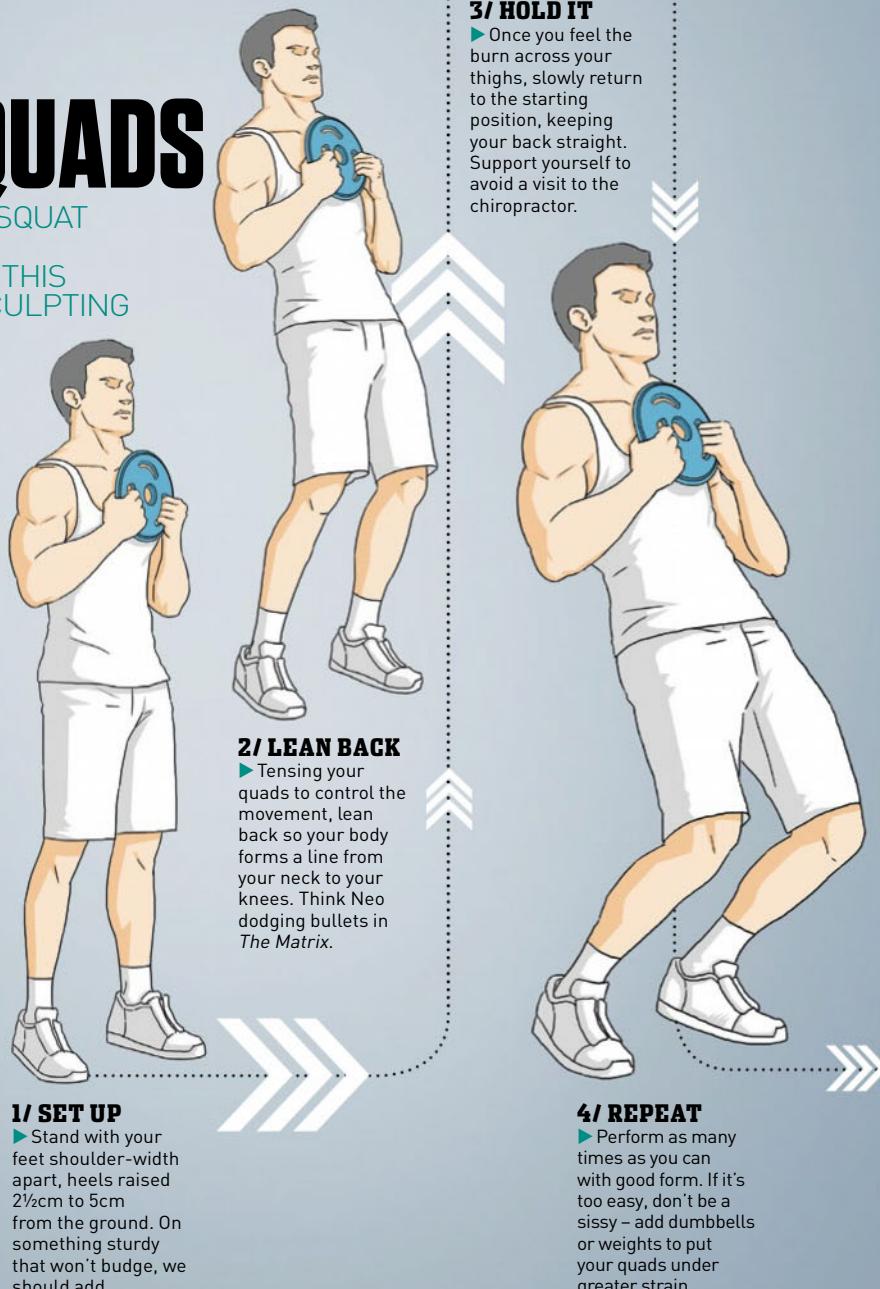
WITH ITS ROOTS IN ANTIQUITY, THIS TECHNIQUE IS YOUR KEY TO SCULPTING A TRULY DIVINE PHYSIQUE.

Legs day is often punishment enough for gym goers – even more so if you're seeing minimal gains from hours of Herculean effort. But taking advice from a sissy might be the best way to see a return.

Sisyphus was a Greek king whose shenanigans went down with his peers about as well as a Jose Mourinho rant, and Zeus condemned him to hard labour. Turns out rolling a boulder up a hill for eternity makes for impressive quads.

This move is designed to build you the same legendary thigh strength without the time investment. How? While regular barbell squats deserve their place in your routine, it's a myth that you'll build solid and functional quads at the squat rack alone. Isolating the muscles with this gravity-defying exercise is the quickest route to results, leaving you with legs ready for your arena of choice.

And if you've ever wondered why the Greeks went shirtless, this move will also carve out eye-popping abs and obliques by working your core stabilisers.



Real Friends. Real Chemistry. Real Legends.

A black and white photograph of two men, Glenn Ong and The Flying Dutchman, standing side-by-side against a white background. Glenn Ong, on the left, is wearing a dark zip-up shirt and glasses, smiling. The Flying Dutchman, on the right, is wearing a leather jacket over a red and black plaid shirt, also smiling. A red diagonal banner with white text is overlaid on the bottom right of the photo.

Glenn Ong and
The Flying Dutchman
Now on ONE FM 91.3!



Join Glenn Ong, The Flying Dutchman and Andre Hoeden for **ONE FM's #1 Breakfast Show***, weekdays from 6am to 10am.

One FM 91.3
Real Music

* ONE FM's #1 Breakfast Show is the program name and not based on any research or study.

→ Chris Pratt
was once a fat
guy. Now he does
half Ironmans.
You got a few
kilos to lose?
Follow his lead.



LOSE YOUR BELLY GAIN THE WORLD

BY Peter Flax / PHOTOGRAPHY Emily Shur



T

Three minutes after I meet Chris Pratt, he's telling me about an anxiety dream he had the night before. We're on road bikes rolling along a woodsy stretch of tarmac in Griffith Park in Los Angeles, and Chris laughs when I ask if he's nervous about the triathlon he's doing with two former US Navy Seals.

The race is a half Ironman – he'll swim 2km, pedal 90km and run 21km. "I feel confident about my training. But I dreamt that I showed up at the starting line without any cycling shoes or running clothes – I was wearing a pair of skinny jeans," he says. "I was like: 'What the...? I don't even have a shirt?' So I guess maybe I'm nervous."

Chris, 36, is 1.9m tall and has the broad shoulders and thick muscles of an American football player, but he's at ease spinning on his Cannondale racing bike, clad in full spandex and cleated cycling shoes. Though we're pushing into a headwind, he drops into a bigger gear, and soon we're cycling at 30km/h, cruising past other riders along the Los Angeles River as the conversation picks up speed, too.

His life is moving pretty fast these days. After a decade during which breaks didn't come, he's now one of the most bankable stars in Hollywood. Supporting parts in *Parks and Recreation*, *The Lego Movie* and *Her* led to starring roles in *Guardians of the Galaxy* and, this year, *Jurassic World*.

As his body of work has become sharper, so has his physique. Chris has been cast as characters of various sizes and strength levels ("It's all right – you can say that I've been fat," he says), but now he's truly committed to staying lean.

As we roll towards downtown LA, he details just how hard he has trained for his triathlon – the early morning swims, the two-a-day workouts, the tedious runs. How he might have quit if he wasn't doing it with his buddy, Jared, a US Navy Seal he met while filming *Zero Dark Thirty*.

Chris has been through plenty: He's been fat and he's been fit. He's ridden out highs and lows in his career. He's fought to find success in Hollywood without losing sight of his authentic self. And through it all, he's learned that when he takes care of his body, other important things have a way of taking care of themselves.

"As an actor, I can't have proper mental prep without proper physical prep," he says. "Even though I knew it deep inside, it took me a long time to realise how getting physically sharp helps me get ready for other things in my life."

ABOUT TWO WEEKS LATER, CHRIS IS CHURNING OUT LAPS

before sunrise at a public pool in Santa Monica, the sky turning from dark grey to purple.

His triathlon is only a week away, and he's here to knock out 1.6km and practise "spotting" – the way triathletes lift their heads out of the water mid-stroke to stay on track during an open-water swim.

He tells me afterwards how much he's enjoyed immersing himself in swimming because of how quickly he's been able to improve and the near-endless opportunities to better his technique. His freestyle stroke is quiet, controlled, powerful.

His own rise followed a course that was not quick or easy. He grew up in Lake Stevens, a town north of Seattle, where he was a standout school wrestler and football player who also enjoyed performing in plays. His mum worked as a cashier at a supermarket chain for decades (she recently retired), and his dad, who died in June 2014 after a long battle with multiple sclerosis, did construction.

Chris says that his formative life lessons – about tenacity, hard work and humility – came from his father and coaches. Still, he graduated from school without a plan.

He and a few buddies wound up in the Hawaiian island of Maui – many accounts of this phase of his life refer to him as "homeless." He chuckles about that.

"I mean I lived in a van, but people seem to think the story is better if it was like I had a cardboard sign," he says. "We were surfing, fishing, drinking every day, working just enough to buy beer and food. I had no responsibilities, no address and almost no possessions. The truth is it was freaking awesome, and we were having the time of our lives."

In a case of real life resembling a *Forrest Gump* parody, he landed in Hollywood at 19, after actor-director Rae Dawn Chong "discovered" him in Maui while he was waiting tables at Bubba Gump Shrimp.

Since then, he's been in LA. ("I hate it here," says Chris, who calls himself a redneck country boy.) What followed was a decade of solid work in TV and film that brought him more respect than fame. He tried out for some flashy leading roles – most notably *Star Trek* and *Avatar* – and didn't get noticed. ("I bet those

HOW
CHRIS PRATT
LOST 70KG



2009/ PARKS AND RECREATION:
Chris plays funny guys heavy. (Not so funny: 134kg in *Delivery Man*.)
Weight: 113kg



2013/ DELIVERY MAN:
He bulked out to a lifetime high (low?) in this comedy vehicle with Vince Vaughn.
Weight: 134kg



2014/ GUARDIANS OF THE GALAXY:
Another funny role, then daily training and no alcohol.
Net loss: 32kg.
Weight: 102kg





tapes never even made it to the desks of J.J. Abrams and James Cameron." Today, Chris realises he didn't look the part and didn't have the confidence. But at the time, he rationalised his shortcomings: "I just thought, 'I'm authentic, and there's a career for me here,'" he says. "I might not be a Marvel superhero, but I'm going to find work. I'm not going to be a waiter again, and that's freaking awesome."

Better opportunities came along, and his weight started yo-yoing depending on the role.

After being told he was too heavy to play a former ballplayer in *Moneyball*, he used his old wrestling tricks to drop 13½kg, and earned the gig. He put on serious heft for roles in *The Five-Year Engagement* and *Delivery Man*, and discovered that his big body helped him find success on the television comedy *Parks and Recreation*.

"I don't think the Andy character worked so well when he was fit – the fatter Andy was, the funnier he was," he says. "If I was gaining weight, my castmates would be like, 'Aw, Pratt, the burger truck's here!' and I'd hammer three or four cheeseburgers."

Though he was finding creative success and having fun – and was happily married (to actress Anna Faris in 2009, after they'd met on the set of *Take Me Home Tonight*) – the excess kilos were taking a toll.

"It nagged at me when I wasn't physically fit," he says. "It was just another thing on my to-do list that I wasn't capable of getting done." Chris decided to step off the roller coaster when he was at a screening of *Zero Dark Thirty*. He had been a chiselled 106.6kg for that role but was "probably 127kg" by the time he saw his former self up on the screen. "I was like, 'I feel kind of crappy about myself right now,'" he says. "I knew I had to get back on a path to becoming fit again, that I was going to make a splash when I walked into a room with a casting director from then on."

Tackling the triathlon has taught him to pay attention to detail. After his pool workout, he grabs a towel and talks about the little things that have helped his swimming – like focusing on stroke length more than quick turnover. And how his Navy Seal training partners have made fitness more fun.

A retired Navy Seal named Mike Day, Jared's chief during his second deployment in Iraq, came up with the idea to do the triathlon. Mike's life changed on April 6, 2007, during a raid of an al-Qaeda cell near Fallujah. He was knocked unconscious by a grenade after being shot 27 times from less than 3m away. (He says 11 of those rounds were stopped by his body armour. So, technically, his body was hit by only 16 bullets.)

Once he was back home, Mike turned his attention to helping other wounded vets. Now 44, he sets out to complete this triathlon to raise funds for a non-profit

wing of the Carrick Brain Center that delivers care to veterans with traumatic brain injuries.

Jared, who was also on the 2007 raid, offered to compete in the triathlon to support his former chief, and then texted Chris to see if he wanted to take on the challenge, too. "There was zero hesitation," recalls Jared. "Chris was like, 'Yeah, man, absolutely.'"

Though they live 2,400km apart, they have been in nearly daily contact about their training. "That's the benefit of enlisting a friend to work out with you," says Chris. "There's this feeling of accountability – it might otherwise seem easy to bow out of all this work, but Jared is the kind of friend that when you say you're going to do something, you do it."

AFTER OUR BIKE RIDE, CHRIS AND I SHARE LUNCH

in Griffith Park. He grabs a small cooler from his souped-up Ford F-150 pick-up and we sit at a picnic table.

He pulls out a neatly portioned meal prepared by a nutritionist: a mound of brown rice, a pile of kale, cubes of grilled chicken and a jug of water. "I have to be really serious about my nutrition now," he says, before expounding on which nut oils he puts in smoothies and riffing on digestive enzymes.

He's around seven weeks away from filming *The Magnificent Seven*, a remake of the iconic Western, with Denzel Washington and Lee Byung Hun. He wants to drop 9kg first. ("Cowboys are a little gaunt," he notes.) The triathlon regimen is a win-win. His plan is to keep up with all the exercise and cut back on calories as the shoot date approaches.

Chris admits he didn't realise that signing up for the triathlon would entail doing 10 long workouts a week. He says: "My wife loves me very much, but this can be frustrating for her. Neither of us really knew what I was getting into." But he's also quick to add how much he enjoys the physical challenge. His training buddy, Jared, says: "Everyone thinks that Hollywood people can just get fit overnight or something. But working out with him, I've seen just how much he puts into it. Chris just attacks whatever he does."

Now Chris is starring in monster hit *Jurassic World*, which imagines the dinosaur park 22 years after the original film took place. "*Jurassic Park* was my Star Wars," he says. "It was a huge part of my childhood; it was part of what defined me."

His character, Owen Grady, is a new and career-defining role: "He's quick to react. He's tough. He can be vicious. He's a former combat veteran who's willing to put his life on the line to save other people."

When you see Owen Grady on the big screen, chiselled and gallant, it's hard to recall the fat guy who sat in a screening room a few years ago and vowed to turn heads. Mission accomplished, a Navy Seal might

RAPID
RESPONSE:
CHRIS
PRATT

Heroes

"Men and women who serve – police, fire-fighters, military – who put their butts on the line for the greater good."

What I Cook To Impress My Wife

"Breakfast sandwiches – my version of the Egg McMuffin."

Workout Anthem

"Lose Yourself by Eminem."

Favourite Comedian

"Ryan Sickler."

Motto

"One step ahead of the game."

Website I'd Recommend To Friends

"The Skimm."

Summer Drink

"Cold American beer."

say. Chris is more circumspect. "I can tell that people are motivated by my transformations, and that feels really good," he says. "But everyone should know when the movie star stuff is over, I might go back to being the fat guy. My wife wants a pizza oven – she's going to learn how to bake bread, and I'm going to eat it."

"I love the health benefits of exercising, and I have a kid now. By exercising, you really can add 20, 30 years to your life. But you gotta live, too. So, hopefully, I'll find a nice balance."

CHRIS, JARED AND MIKE MET UP IN HAINES City in Florida for the race. Months of training didn't prepare him for the chaos of an open-water swim. "I was working a lot harder than I was used to, and only 365m in, I got a little panicky," he recalls.

Jared, who had started in the same wave, helped guide Chris to a buoy and then to shore. "It felt great coming out of the water," says Chris. "Just getting past the swim was a huge victory."

He and Jared rode the bike leg together. After a slower-than-expected swim, this part was encouraging. "We must have passed a couple hundred people," says Chris, who had enough left in the tank to enjoy the scenery as they rolled by citrus orchards, lake houses and barbecue joints. "That's what I love about biking, man," he says. "You get this intimate understanding of the land. You can hear and smell and taste your surroundings."

When he and Jared hit the second transition zone, Mike was just setting out for his run and said he had hurt his foot. (X-rays later showed a stress fracture.) Jared and Chris decided that when they caught up to Mike, they'd stay with him rather than chase a faster time. "It was an easy decision," says Chris. "I said, 'I followed Mike here; I'm going to run with him.'"

The warrior toughed it out. "We'd run for 3km and then

walk for a hundred metres, with Mike limping, and then he'd run again," says Chris. "The dude is a machine." Indeed, thanks to Mike's relentless efforts (and the support from Chris on social media), more than US\$130,000 has been raised for the Brain Treatment Foundation. (To donate, type "Mike Day Crowd-rise" into any search engine.)

In the last hour of the race, the conversation turned deeply personal. Mike and Jared talked about the things they went through in Iraq.

"It's weird how a race like that makes you bring your guard down," says Chris. "You know these guys are tough – they're the alphas. So to hear Mike talk about how lucky he felt to have his wife and daughters be so supportive of him, and how much he loved them, was so moving that I told his wife afterwards."

The three men finished the race side by side in just over seven hours. "To shake their hands and hear them tell me I worked my butt off meant everything to me," he says. "I felt like the luckiest guy alive." Later that night, the three men celebrated with beer and tequila. "That's just what the doctor tells you to do," says Chris, laughing. "Replenish your fluids with tequila."

He plans to keep swimming, biking and running – but with shorter, more intense (and more efficient) workouts. "This training has brought a paradigm shift in my brain about distance," he says. "Now, 5km is a short run."

Then he starts thinking out loud about how he can improve his open-water swimming and how he can build his endurance. Does that mean he wants to do another triathlon? He pauses for a moment. "I'll definitely do it again. In fact, I want to do a full Ironman," he says. That's a 3.86km swim, 180km ride and 42.16km run. Chris Pratt is doubling down on his commitment to fitness.



Speed School / Chris Pratt's Half Ironman Training Plan



STRENGTHEN During his twice-weekly lifting sessions, Chris focused on total-body exercises and core work, including circuits like the Prison 60: Do 60 push-ups, 60 squats and 60 sit-ups. Then descend – 50, 40, 30, 20, 10. On recovery days, he did yoga.

SWIM Chris swam about three days a week for three months, doing two 2,000m workouts and an intervals day. Stretch your stroke to go faster: Count your strokes for a length, then try to reduce the number by 10 percent by extending your pull and glide.

BIKE A strong rider, Chris banged out three even-paced 40km to 80km rides a week. He also hit his local gym's spin class once a week for workouts that combined intervals and climbing, often doing back-to-back classes to build his stamina.

RUN Chris ran three or four times a week, doing steady one- to two-hour efforts. He also did intervals or hills once a week. US Navy SEALs use "chunking" to divide big obstacles into manageable parts: A half marathon isn't so daunting if you think of it as four 30-minute runs.

BUILD MUSCLES WITH A MASSAGE

UNTIE KNOTS, ROPE IN NEW STRENGTH AND SPRING BACK FROM INJURY WITH 13 TIPS FOR DEADLIFT- AND DESK-PROOF MUSCLES.

1/ HERE'S THE RUB

► Book yourself a massage. Yes, it'll make the hurts go away but, according to McMaster University in Canada, it'll also fire up your mitochondria (your cells' power packs). Stronger mitochondria mean healthier – not just bigger – muscles.

2/ BEET THE BROS

► Dig into spinach, chard and beetroot pre-workout. Nitrate-rich vegetables increase key muscle proteins, the *Physiology* journal found. They're easy to juice, if not exactly easy to drink.

3/ REST IS HISTORY

► Sofa days are for slugs. Danish researchers found that gently training the same muscle groups you worked yesterday decreases aches. They put this down to a blood-flow boost accelerating nutrient delivery around your body. Comfy.

4/ BREAK GOOD

► HMB is your fibres' chemical helper. Synthesised from the amino acid leucine, the supplement has

been found by research group Examine to fight protein breakdown, while French tests show it slows muscle wastage.

5/ LIGHT EFFORT

► For maximum strength gains, be your inner tortoise, not hare. The University of Tokyo found working with 50 percent of your one-rep maximum – but so slowly you can only manage eight reps – is as effective as hammering through at 80 percent of your max.

6/ DON'T BOTTLE IT

► Weights make a poor mixer. Massey University in New Zealand found even moderate drinking after a tough workout means a loss of strength due to how ethanol treats your torn fibres. Keep the bar and barbells separate.

7/ COMPRESSION

► Swap your tracksuits for tights at home. A *British Journal of Sports Medicine* study found people who wore compression gear post-exercise, rather than during, experienced less soreness. Possibly NSFW.

8/ DO THE SPLITS

► Rounding off your workout with steak and eggs is no use if you carb out the rest of the time. A *Nutrition* study found people who split their protein intake had 25 percent more muscle synthesis than those who ate it all at once. Divide, conquer.

9/ PANTS ON

► Make like a dog in a heatwave and take rapid breaths (one a second) to recover between intervals. Sydney University found this neutralises acid build-up in muscles, keeping you at peak power for longer.

10/ SALT WOUNDS

► Finally, if your desk job is making you cramp up, channel your better half and run a bath. But ditch the lavender for a soak in epsom salts (magnesium sulphate). It eases aches and speeds repair after the gym. You'll feel well seasoned.

HEAT, ROLL OR COOL IT?

Pick your best recovery strategy, by physical trainer Mikey Smith.

■ **WHAT** Heat pad.
■ **WHY** You have tight muscles or recurrent pain after exercise.
■ **HOW** Apply a heat pad to the area for 20 minutes up to three times a day.

■ **WHAT** Foam roller.
■ **WHY** Your muscles feel knotted; you want to improve flexibility.
■ **HOW** Roll over tight areas, pausing whenever you feel tension.

■ **WHAT** Ice bath.
■ **WHY** You are swollen or recently increased your workout intensity.
■ **HOW** After a hard run, soak your legs in a tub of ice water for 10 minutes.



VIDEO In our digital edition, find your DIY guide to massaging away those sore muscles. Download Men's Health Singapore now on Magzter or Apple Newsstand.

NEW

THE FITTEST
WOMEN ON
Instagram

BEND IT LIKE SANDRA

MUSIC-MAKING YOGI SANDRA RILEY TANG SHOWS SOME MOVES TO HELP YOU STRETCH YOUR LIMITS.

Aside from her career as a musician with local pop quartet The Sam Willows, Sandra Tang is a qualified yoga instructor with her own fitness studio, The Yoga Collective, running boot camps that combine yoga, calisthenics and HIIT workouts.

To stay in shape, the 24-year-old mixes up yoga, Crossfit and conditioning exercises with rock climbing, muay thai and martial arts choreography in the company of a local stunt team.

Such a mixed bag of training results in a body that's ready to tackle anything that comes her way. Like that time Sandra's friends asked her to climb a tree next to a cliff in Pulau Ubin because it made for "a really cool shot."

"My friends like putting me on the spot," quips the athletic bombshell who competed in netball, touch rugby and track and field in secondary school. "They'd ask me to do a handstand or a pose. I suppose when you're fitter, photo opportunities are a lot more exciting."

Joking aside, it is fitness that keeps Sandra going in spite of her hectic schedule. "My health has to be at 100 percent," she says. "If I go on tour with The Sam Willows and catch a cold or lose my voice, I'm done. I have to recover fast."

Diet-wise, the fit-not-skinny fitness personality isn't a stickler to eating clean. "If I'm preparing for a shoot or building muscle, I generally avoid junk food and sugary stuff, and eat less carbs but more protein and vegetables," she says. "But when I perform with The Sam Willows, I usually eat whatever makes me happy, as long as it doesn't make me feel sluggish. My focus is on the music, the performance, rather than how great I look."

"Besides, I really love food – that's why I exercise."



USERNAME

► @sandrarileytang

OCCUPATION

► Musician,
fitness instructor

FOLLOWERS

► 52,100

SPECIALTY

► Yoga

HARD BENDS WITH BENEFITS

Test yourself against Sandra's mini-yoga session before dinner. If you think the exercise is girlie, this strengthening circuit ought to give you a jolt.



01 CHATURANGA

► This helps strengthen your arms and core. Make sure your heels are stacked directly over your toes, your elbows are bent 90 degrees, and your chest doesn't sink towards the ground.

02 PIKE PROGRESSION

► Just short of a handstand, this trains the muscles in your arms, shoulders and core as they take on most of your body weight. Press your fingers into the ground to avoid straining your wrists, and ensure your back is straight.



03 HAMSTRING STRETCH

► Fold forward, and let your upper body hang like a rag doll. Try bringing your forehead to your knees without rounding your back too much. This move lengthens the spine and loosens the hamstrings.

04 UPWARD DOG

► This stretches your abs and entire back. Engage your knees and push your thighs off the ground. Feel the stretch from your upper back down to the base of your spine.



GALLERY Go behind the scenes with Sandra in our digital edition. Download *Men's Health Singapore* now on Magzter or Apple Newsstand.

YOUR BEST FINISHING MOVES

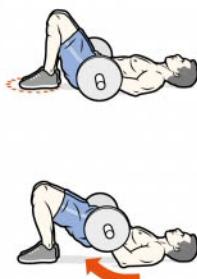
COMPLEMENT YOUR LIFTING SESSIONS WITH THESE "ACCESSORY" TECHNIQUES.

E

ric von Frohlich, the founder of Row House and EVF Performance in New York

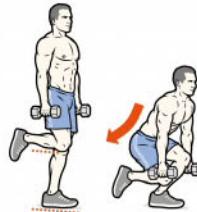
City, designed a three-day-a-week plan inspired by powerlifter Jim Wendler's 5/3/1 programme, which gets its name from its rep formula. Each workout focuses on a big lift – squat, chest press or deadlift – and includes accessory moves (below) to shore up weaknesses.

DAY 1



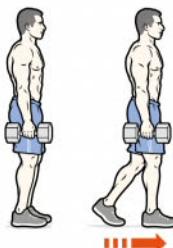
1/ Barbell Hip Raise

Lie on your back on the floor with a barbell above your hips, your knees bent and feet flat. Raise your hips until they're aligned with your knees and shoulders. Pause, and return to the starting position.



2/ Single-leg Deadlift

Grab two dumbbells and stand on your left foot, raising your right foot behind you. Push your hips back and lower your body as far as you can. Return to the starting position. Do all your reps, switch legs and repeat.



3/ Suitcase Carry

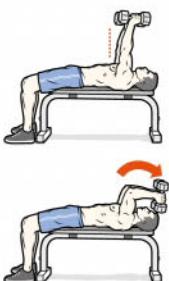
Grab a heavy dumbbell (half your weight) in your right hand and let it hang at arm's length by your side. Keeping your chest up, brace your core and walk for 30 seconds. Switch hands, turn around and walk back.

DAY 2



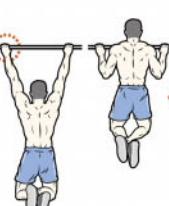
1/ Dumbbell Row

Grab two dumbbells, push your hips back, and lower your torso until it's almost parallel to the floor. Let the weights hang at arm's length. Pull the weights to your sides, pause and return to the starting position.



2/ Lying Triceps Extension

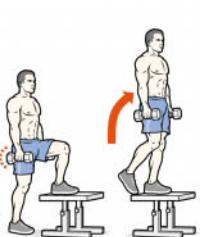
Hold two dumbbells over your head with your arms straight. Without moving your upper arms, lower the dumbbells until your forearms are slightly lower than parallel to the floor. Return to the starting position and repeat.



3/ Pull-up

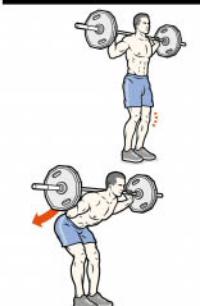
Using an overhand grip that's beyond shoulder width, hang at arm's length from a pull-up bar. Pull your chest to the bar, squeezing your shoulder blades together. Pause, and slowly return to the starting position.

DAY 3



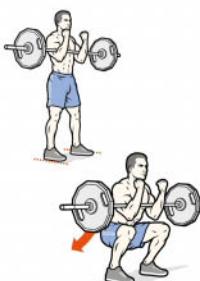
1/ Dumbbell Step-up

Holding a pair of dumbbells at your sides, stand with your left foot on a bench. Push your body up till your left leg is straight (keep your right foot elevated). Return to the starting position. Do 10 reps, switch legs and repeat.



2/ Good Morning

Position a barbell across your upper back, holding it with an overhand grip. Brace your core, push your hips back, and lower your torso as far as you can. Pause, and raise your torso back to the starting position.



3/ Zercher Squat

Hold a barbell tightly against your chest in the crooks of your arms, keeping your feet shoulder-width apart. Push your hips back and lower your body as far as you can. Pause, and push back up to the starting position.

BACK ON TRACK

A DESIRE TO ALTER HIS LIFESTYLE HAS GIVEN JOE ONG A NEW LEASE OF LIFE.

THE SETBACK

Finance manager Joe Ong, 37, wasn't too affected by his health even though he weighed 115kg before he tried to do something about it. "I kept telling myself that I was just big and tall, never overweight," he says. "You know, like those wrestlers. They are big but looked fit." Even when doctors told him he had problems like high blood pressure, he was not driven to correct his lifestyle.

THE WAKE-UP CALL

In fact, he believes he was stuck in a "middle-age crisis." He recalls: "I was in my mid-30s and had a stable career, a loving family and all the things I wanted. There were no goals in life. It wasn't until I witnessed the painful process that my late dad had to undergo – when he was battling lung cancer – that it hit me." Joe, who was an excessive smoker, did not want to go through the same struggles. "I want to be able to see my kids grow up – and my grandchildren, too," he says. "I became very determined."

THE PLAN

One of the first things that Joe did was to quit smoking. "I stopped



NAME
JOE ONG

PREVIOUS WEIGHT
115KG

CURRENT WEIGHT
88KG

OCCUPATION
FINANCE MANAGER

HEIGHT
1.85M

TIME TAKEN
6 MONTHS

"I STOPPED SMOKING WHEN I DECIDED THAT IT WAS MY LAST STICK."

that day when I decided that it was my last stick of cigarette," he says. "My next move was to start running, as it was the cheapest and easiest method to lose weight and be healthy."

FITNESS

Joe started to see visible changes when he began to run and watch his diet. "My belly began disappearing," he says. "But the toughest aspect was the first month, when your body will ache and you just got to push yourself." Gradually, a routine formed: He would swim and lift weights to complement his runs, usually three short ones a week for 2.5km to 5km per session, and a longer distance (10km to 16km) over the weekend. "I'll also do 30 minutes of crunches and planks in the morning to develop my core."

FOOD

Surprisingly, having a major overhaul of his diet wasn't too difficult. "Besides cutting out fried food," Joe says. "I try to have a balanced diet with lots of fruits and vegetables. I didn't eat greens in the past."

THE REWARD

Running has helped to clear Joe's mind and developed his ability to focus. "I'm a more patient person these days, too," he says. "And, somehow, a more compassionate person. You tend to want to help others who are less fortunate."

WHAT'S YOUR STORY?

This month's Belly-off! guy wins a Columbia Willodale worth \$127.30! Stand to win attractive prizes when you join the Belly-off! Club and get featured. Tell us what you weighed then and now, what made you decide to shed the bulge, and what you did to lose it. Include your "before" and "after" photos. E-mail: menshealthsg.bellyoffclub@gmail.com.



FIERY PROTEIN KICK

FASTER THAN A DEADLY DRIVE-THRU, WHIP UP A PILE OF PROTEIN AND LEAFY GREENS, PLUS A SPICY JAB IN THE PALATE.

SPICY SAUSAGE WITH CHICKEN AND KALE

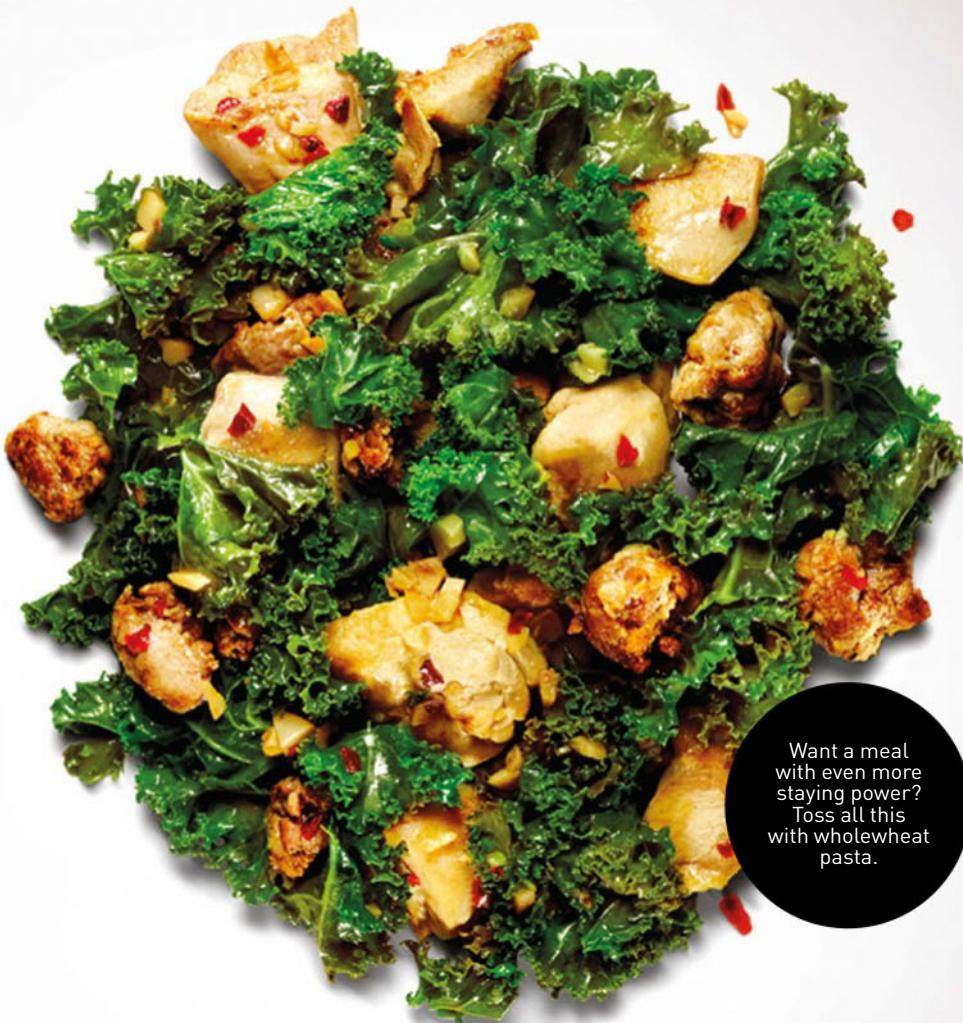
► Post-workout meals can be flavourful and nutritious. Do yourself a favour by following the recipe below.

Heat a 10-cent-size amount of olive oil in a skillet on medium. Add 112g of loose pork sausage and 112g of boneless, skinless chicken thighs, chopped. Cook, stirring, for around three minutes until the meats brown. Stir in two minced garlic cloves and a pinch each of red pepper flakes and ground cumin. Add ½ cup of reduced sodium chicken broth and one cup of chopped kale. Cover and simmer for five to seven minutes, till the greens wilt and the meats cook through. Season to taste. Makes one serving.

—RECIPE BY JEREMY LIEB, EXECUTIVE CHEF OF BOCA IN CINCINNATI, THE U.S.

PER SERVING

- 505 calories,
- 40g protein,
- 13g carbohydrate (2g fibre),
- 33g fat



Want a meal with even more staying power? Toss all this with wholewheat pasta.

FUEL YOUR PERFORMANCE

Optimise your intake of quality protein.

 A study from the *Journal of Proteome Research* suggested that whey protein could have health benefits for obese people and for those who do not have diabetes. Why? It lowers the amount of fat and

increases insulin, which clears glucose in the blood, thus maintaining blood sugar levels. Want top-quality whey protein? Look no further than the IsaLean Pro Shake. It contains 36g of high-grade undenatured protein,

combined with healthy fats, carbohydrate and a host of vitamins and minerals – ideal for those who are looking to gain muscle or stay lean. For more information, visit www.isagenix.com.



WORK-LIFE BALANCE

WHEN IT COMES TO RUNNING, BUSINESS AND PLEASURE DO MIX.

One can't help but be drawn by the infectious energy of Tomoyuki Yonekawa, global product manager for Mizuno USA Running Footwear, especially when he talks about his love of pounding pavements.

The 36-year-old Japanese, who's now based at the brand's Portland Running Centre of Excellence in the US, was the brainchild behind the successful Wave Rider 18. He's also involved in the designing and testing of many other Mizuno models, which, given his passion for running, is more boon than bane.

WHY DO YOU LOVE RUNNING?

It all began when I started working for Mizuno eight years ago. I didn't like running initially, even though I was deeply involved in sports as a student. I played baseball, surfed, and was even a lifeguard. But never running. Because of my job, which partly involves testing thousands of footwear, it has become an important aspect of my life.

WHAT DO YOU LOOK OUT FOR WHEN YOU TEST NEW SHOES?

One must realise that shoes are personal. There is no one

■ ■ ■ **MY JOB INVOLVES TESTING THOUSANDS OF RUNNING SHOES. ■ ■ ■**



size fits all, and everyone will have a preference. When I test a pair, I try to position myself as the wearer. Do I get good responsiveness when I run? Are my toes rubbing against the toecap? I make sure that there's enough space to spread my toes comfortably, while getting a snug fit. Too much cushion isn't good either, as you'll feel heavy with each step. When you run, you make sure that the trainers create as little disturbances as possible, which translates to a better running form and even mileage.

ON A PERSONAL NOTE, WHAT'S YOUR RUNNING SCHEDULE LIKE?

I cover 10km for three to four times a week, preferably in the morning – the runner's high sets you up really well for the day! If I'm preparing for a race such as a marathon, I train one month in advance by doing a couple of 30km runs. I throw in some cycling as well for a little bit of cross-training.

WHAT INFLUENCED YOU WHEN YOU DESIGNED THE WAVE RIDER 18?

Even before I joined Mizuno, Wave Rider was our best-selling pair and it remains our flagship running product over the years, with constant updates and improvements. The Wave Rider 18 is a product of our philosophy, that running holds the power to change the world. You know Street Fighter's *hadouken* ("surge fist")? I envisioned the Wave Rider 18 to be the *hadouken* for runners – that surge of energy to motivate and inspire them. The model is light, cushioned and very responsive – a versatile, everyday go-to shoe.

ALL ABOUT THAT BASE

LAY THE GROUNDWORK NOW TO RUN STRONGER FOR THE REST OF 2015.

Whether you're hoping to crush a time goal, lose weight or simply enjoy a consistent running routine this year, you'll benefit from devoting a month or two to base training.

This focus on logging easy-effort kilometres develops a solid aerobic foundation that you can then maintain or build on (with tempo runs or speedwork).

"Putting in those kilometres creates changes in your body that go all the way down to the cellular level," says US running coach and exercise physiologist Janet Hamilton.

During base training, you enlarge your heart chambers, build mitochondria (your cells' power plants), strengthen tendons and other connective tissues, and expand your glycogen storage capacity.

Those invisible metamorphoses make you better able to handle – and benefit from – intense workouts later on. "You're training to train," says Dennis



If you're a racer, solid base fitness preps you for faster finishes.

Barker, head coach for Team USA Minnesota.

A good base for a new runner might be 16km per week (including a 5km "long" run), while experienced runners targeting half-marathons or longer should aim for 48km or more weekly.

If you're a racer, solid base fitness preps you for faster finishes. Base-building has mental benefits, too: "You'll feel stronger, which ups your enjoyment of any run," Janet says.

Here's how to build your base – and strengthen an already solid foundation.

GETTING STARTED

All runners should build mileage gradually – never exceeding 10 percent increases from week to week – and should vary the length of their runs.

Janet suggests one long run (30 to 40 percent of total weekly mileage), two medium ones (20 percent), and one or two easy, short-mileage runs (10 percent) per week.

Rein in your pace and save high-intensity speed work for later: Even moderate-intensity runs (10K pace, which should feel

one notch harder than your comfort zone) should represent no more than 10 to 15 percent of your weekly mileage.

If your joints ache with the mere thought of running four or five times each week, swap out your easiest run (or runs, if you're planning five workouts per week) for cardio cross-training. "It takes some stress off your legs while still building aerobic fitness," says 2008 Olympian Amy Yoder Begley, an American running coach.

Amy endorses non-weight-bearing exercises such as cycling or aqua-jogging, which gives your joints and muscles a break from running's impact forces while challenging your heart and lungs.

In her training programmes, every 10 minutes of cardio cross-training equals 1.6km. "But they have to be quality cardio sessions; you can't just be out for a Sunday stroll,"

she says.

Cycling workouts, for example, should use a fast cadence (never below 90 rotations per minute). Make sure to keep a weekly long run and some moderate-intensity mileage, Amy says. (See sidebar to learn how to schedule cross-training sessions around your runs.)

BUILDING UP

If you've been consistently logging solid mileage for months, there's still room for you to shore up your base before diving into more intense training. You can try adding a midweek long run or running doubles (that is, going out twice in one day).

Logging two longer runs each week builds your capacity for distance, which is especially beneficial for runners targeting marathons later in the year. That additional distance workout should be about 75 percent of the length of your

longest run.

So if you're logging 24km on the weekend, your midweek "long" run should be 16km or 18km. "Your goal is quantity, not quality, so don't worry about pace," says Dennis.

Just be sure to build in adequate recovery after each longer run: If you're running the next day, keep it easy to give your body a chance to adapt to the longer distances.

When work or family commitments prevent hours-long workouts during the week, occasional doubles can be an effective way to enrich aerobic capability.

Start by breaking up a normal mid-length easy run into two sessions: one in the morning and another in the afternoon or evening. "Do no more than two doubles per week for the first two weeks," says Dennis. If your body handles the additional sessions without complaint,

try adding a 1.6km run or two to one or both of the sessions.

Doubles are typically the realm of advanced runners, says Dennis, so listen to your body and back off if anything hurts.

Duane Button, an assistant professor of exercise science at Memorial University in Canada, has found that subjects who used foam rollers on their leg muscles following workouts experienced less soreness and

recovered faster than those who didn't.

Although he hasn't done studies specifically with runners, he would speculate that foam rolling would help them recover from a long-distance run.

He recommends performing a full lower-body foam roll, concentrating on your calves, hamstrings, quadriceps, glutes and IT bands. Roll the bottoms of your feet on a smaller roller or a ball.

TIME-OUT WORKOUTS

How (and when) to reap the most benefits from cardio cross-training.

BIKING

Low-impact biking still works your leg muscles, especially if you're doing hills (equivalent to a moderate- to high-resistance setting on the Spin bike). Don't do it the day before or after a long or otherwise challenging run.

ROWING

This glute strengthener is fine anytime. Newbies may feel some post-workout muscle soreness or fatigue, but it'll diminish as you adapt – and it shouldn't compromise your long run or recovery.

SWIMMING

Since it taxes non-running muscles, swimming is a good cross-training option any day, even the day before or after a tough running workout.

ALL RUNNERS SHOULD BUILD MILEAGE GRADUALLY – NEVER EXCEEDING 10 PERCENT INCREASES EACH WEEK.



1
**ADIDAS
MICOACH FIT
SMART**
►\$249, <http://shop.adidas.com.sg>

If you find strapping heart rate monitors to your chest cumbersome, then this lightweight fitness band will fit your wrist to a T. Its battery lifespan is solid (up to five days), and the tracker can provide personalised training plans that cater to various workout intensities. Besides being able to measure your heart rate using the Mio continuous optical tracker, the smart band can also store up to 10 hours of workout data that includes your speed, distance and stride rate.

GEAR UPGRADE

THESE HIGH-TECH BUDDIES CAN HELP YOU ATTAIN YOUR NEXT FITNESS LEVEL.



2
**DR DRE
POWERBEATS
2 WIRELESS**

►\$310, www.apple.com

Who says you can't get premium sound from earphones that are designed for athletes? This wireless gem is engineered to deliver dual-driver acoustics, paired with its ability to let in ambient noise to keep you safe if you decide to take the earphones out on the road. Whether you're in a spin class or busting your gut doing squat reps, the flexible earhooks help to prevent slippage. The gadget is also sweat and water resistant, right from the ear buds to the tangle-free, wrap-around cable.



3
**3M FUTURO
CUSTOM DIAL
KNEE STRAP**

►\$36.90, www.3m.com

Joint problems such as tendonitis and runner's knee (patellofemoral pain syndrome) can inhibit exercise

form, causing some people to rely on knee support to alleviate the pain. However, the custom dial knee strap is more than just a firm, stabilising support. It's fitted with proprietary technology that allows one to adjust its

compression levels according to each activity simply by turning a dial. A curved, soft tendon pad is the hero here, providing targeted pressure to the tendon below the kneecap (patella) and easing localised pain. Now you can exercise with peace of mind.

Fit For Your Feet

SUFFER NO MORE FROM ILL-FITTING KICKS THAT AFFECT YOUR PERFORMANCE.

1 UNDER ARMOUR SPEED FORM APOLLO TWIST

\$179, AVAILABLE AT UNDER ARMOUR BRAND HOUSES, WWW.UNDERARMOUR.COM.SG

It's time to weed out distractions caused by shoes that fit poorly. This trainer is incorporated with Speedform technology, featuring a seamless heel cup with foam collar that provides a locked-in, anatomical fit. The special foam footbed submits to your foot's shape, eliminating slippage as well as seconds off your personal best. Also, the wearer gets to turn cushioned landings into explosive take-offs.

2 MIZUNO EKIDEN 10

\$229, AVAILABLE AT MIZUNO CONCEPT STORES

Have a need for speed? This lightweight and breathable footwear is right up your alley. An advanced midsole is made from a layer of hardened resin in the heel – called Resin Wave – to disperse shock as you pound the pavement, relieving pressure points underfoot. Puddles won't matter, as heat-seal seams prevent water from seeping into the trainer. So fear not if the trail's uneven and damp. The presence of the G3 sole – a lightweight rubber-dot pattern on the shoe's outsole – ensures grip and flexibility.

3 ASICS GEL-KAYANO 22

\$249, AVAILABLE AT ASICS STORES, WWW.ASICS.COM.SG

Perfect for mild to moderate overpronators, this shoe is meant for long-distance junkies. Your feet are protected by Gel cushioning in the front and back of the trainer, plus a generous midsole gives adequate bounce. A re-engineered Heel Clutching System provides a more secure and adaptive fit, giving you a smoother transition from heel to toe. Also, the Comfortdry X-40 sockliner adds a little bit more cushioning to help you go the distance.



1



2



3

TALKSHOP

► PRODUCTS PROMOTIONS EVENTS

UNDER ARMOUR A new addition to the Speedform series is the breathable and responsive **Speedform Fortis** – running footwear that offers a locked-in anatomical fit with a seamless heel cup. The shoe's Armourvent upper is light, durable and stretchy (made from fast-drying jacquard knit fabric), while a trademark sockliner is embedded within the midsole for added cushioning and moisture-wicking capabilities. If you want speed, the presence of the Micro G cushioning system turns your landings into explosive take-offs. **\$199, available at selected Under Armour brand houses and www.underarmour.com.sg.**



SUPERDRY If you're not a fan of bulky tickers, here's one for your collection. The latest addition to the brand's Spring/Summer collection is the **Le Skinny**, incorporated with a silver mirror dial and topped with a 33mm polished case. The timepiece is available in either black leather with a gunmetal dial, or white leather with a rose-gold watch face. **\$199 (Black) or \$219 (White), available at The Superdry Boutique, Tangs Orchard, Tangs Vivocity, Metro Compass Point, OG Orchard Point, OG People's Park and selected retailers.**

FISCHER AUDIO Audiophiles will be keen to test this quality piece of art. For one, the housing of the **Dubliz Gunmetal** earphones is made of aviation-grade aluminium, with newly developed 8mm and 10mm drivers using Dual-diaphragm Transducer technology. This allows the in-ear headphones to produce extremely detailed sounds, while braided Kevlar-reinforced cables crank up audio quality as well as the durability of the product. If you want additional controls and a microphone function, opt for the **Dubliz Gold. \$118 (Dubliz Gunmetal) or \$138 (Dubliz Gold), available at authorised resellers, www.fischeraudio.com.sg.**



K-SWISS First released in 1989, the **Si-18 International** was considered a breakthrough in tennis footwear technology. Now in a series of special colourway releases and collaborations, the brand showcases itself as much more than a producer of white leather training shoes. The modern version has been built with the exact colours and craftsmanship of the debut model – incorporating trademark Si-18 cushioning material, D-R Cinch lacing system, as well as heel stability counter to improve a player's performance. **\$209, available at World of Sports Marina Bay Sands.**



LUMINOX

The Swiss watchmaker introduces the **Recon Point Leader 8841KM**, a new chronograph model in the successful Recon series. The timepiece has both alarm and chrono functions, which allow split-second timing. Besides the inclusion of a contrast-colour countdown quadrant that can be used to coordinate start times for manoeuvres, the ticker also features a bezel compass rose to mark the wearer's position. **\$1,198, available at Tangs Orchard, Tangs Vivocity, Robinsons The Heeren, OG Orchard Point and authorised watch retailers.**



REMINGTON

When it comes to shaving, Remington is upping the ante with the **MB4850 Virtually Indestructible Beard Trimmer**. The polycarbonate casing makes it extremely durable, which explains its 10-year motor-life guarantee. Other features include its titanium-coated

blades and a customisable comb to suit your ideal trimming length. The trimmer can be used cordless for 120 minutes straight with just a four-hour charge. **\$159, available at authorised retailers. For more information, contact Massmark International at 6747-1102 or visit www.massmark.com.sg.**



4VOO

In this day and age, men (not just women) are seeking a solution to younger-looking skin. Enter **Uber Tech Super-restoring Night Formula**, a high-performance, luxury anti-ageing product developed exclusively for guys. Besides working with testosterone to reduce skin wrinkles overnight, the product increases collagen production as well as strengthen the skin cell's stress resistance. **\$330, available at What He Wants stores, www.whatthewants.com.sg.**

THE KNIGHTSBRIDGE CLINIC

Located on the fringes of the Central Business District, this premium medical aesthetics clinic offers non-invasive procedures with minimal downtime and natural-looking results. Led by its medical director, Dr Israr Wong, it prides itself on providing a luxurious and comfortable experience with the utmost privacy. Each clinical assistant or therapist possesses the Cibtac Diploma in Beauty Therapy Services, the highest qualification in Singapore for spa and therapeutic beauty treatments.

277A South Bridge Road, tel: 9730-9399.



TALKSHOP

► PRODUCTS PROMOTIONS EVENTS

REEBOK The shoemaker, together with the Ultimate Fighting Championship, has unveiled the first-ever **UFC Fight Kit**. The gear features innovations that support strength, speed and flexibility, and will be worn by every athlete that steps into the Octagon. Other highlights of the new gear include moisture-management technology that removes sweat rapidly from the body, as well as laser-cut side vents for functional mobility. **The UFC Fight Kit training collection will be available in Singapore in May 2016 at the following stores: Reebok Suntec City, Royal Sporting House Tanglin Mall, Royal Sporting House Velocity and Reebok Great World City (scheduled for opening later this year).**



MBT Going for footwear that oozes both comfort and style? The **Asante 5** dress shoe might just be what you're looking for. Possessing MBT's unique patented rocker sole, which increases lower-limb muscle activity and promotes soft heel landing, this shoe is a classic slip-on with full-grain leather uppers, propped by a superior textile footbed. Another thing about the sole: It creates a natural instability that instinctively moves the wearer comfortably forward.

\$329, available at MBT Stores.

TIGERAIR If you're a sports enthusiast or music lover, you're in for a treat when you travel with Tigerair. The budget carrier allows you to take your prized gear and instruments with you even while on holiday. Whether it's for an adrenalin-pumping sporting trip or a laid-back jamming session, as long as the equipment is within a specific size and weight, you can include them as part of your check-in baggage allowance at no extra cost. Better yet, bring the equipment on board if it falls within the hand-carry baggage allowance requirements. Interested to know which category your stuff falls under? **Visit www.tigerair.com for more details.**



CELESTIAL SANCTUARY Need to find serenity amid all the hustle and bustle? **Celestial Sanctuary Spa** in Orchard is your perfect oasis. With personal suites and a host of rejuvenating treatments such as foot reflexology therapy, it is ideal for restoring mental and physical well-being. **For more information or to make an appointment, call 6734-3633 or visit www.celestialsg.com.**

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Founded in the early 2000s, Fischer Audio was started by a group of highly experienced people in the development, design and production of top-quality audio equipment.

To ensure the highest standard in audio quality, the headphones are engineered in Europe using state-of-the-art technologies and achievements in acoustics, top-quality components, and the most advanced design solutions for portable acoustic systems.

Today, Fischer Audio pursues its mission without compromise. Regardless of the price of the product, every model combines stylish design, excellent sound and attractive packaging to offer the best value

for customers.

The bullet 6mm earphones, like the name suggests, gives you the speed, accuracy and excitement in your music, just like a fired bullet.

There's also no secret to the inspiration behind the design of the earphones: Just like a bullet, the housing is made of strong, durable metal. Its acoustic chamber is optimised for excellent deep-bass response and high-clarity resolution.



EXTRAS!

THE BEST TIPS WE COULDN'T FIT INTO THIS ISSUE

WATCH YOUR MOUTH

UNLESS YOU HAVE SENSITIVE TEETH, THE ONLY INGREDIENT YOU NEED IS FLUORIDE. ACCORDING TO THE BRITISH HEALTH FOUNDATION, YOUR TOOTHPASTE SHOULD PACK 1,350 TO 1,500 PARTS PER MILLION TO SHIELD ENAMEL AGAINST PLAQUE AND ACID. IF SENSITIVITY IS THE ISSUE, THE DESENSITISING AGENT STRONTIUM CHLORIDE WILL HELP, BLOCKING PAIN LIKE A MINI-MANNY PACQUIAO.



TAKE BABY STEPS

Running up and down hills takes practise. Take little steps on the way up, but try to keep your rhythm bouncy and loose. Don't be afraid to walk if it's too steep. Even the top runners walk.



SUGAR DANGER

A waist size of 37 inches puts you in danger of diabetes.

But don't be complacent if you fit into 36-inch jeans. Your actual waist size may be bigger than you think. Measure around your belly button – not hips – and prepare for a surprise.

KNOW WHEN TO GIVE UP

IF YOUR NOSE IS RUNNING AS FAST AS YOU ARE, DON'T WORRY, IT WON'T AFFECT PERFORMANCE. BUT IF YOU HAVE A COUGH, FEVER OR ACHY JOINTS, THROW IN THE TOWEL. YOU RISK DEHYDRATION AND EVEN HEART FAILURE. LIVE TO FIGHT ANOTHER DAY (TOMORROW, FOR EXAMPLE).

PAPER BEATS AIR

Stick to paper towels on your bathroom break. Hand-dryers blow 27 times more bacteria back onto your skin. No towels left? The back of your trousers will do.

COUNT ON YOUR REPS

Make your goal something you can do – 10 pull-ups, a muscle-up – not what you can see. By the time you reach it, you'll look like someone who can do that anyway. Concentrating on aesthetics can become counterproductive as your perception of your body changes.

DON'T GRIP, GRASP

Maintaining a hold with your thumb on top of your finger – not curled next to your palms – increases the strength and endurance of your forearms. And because your forearms are usually the first to fatigue, this new power lets you work harder on filling out your T-shirt.

SUSPEND DISBELIEF

Get your butt off the grass and head to the bar. Whether it's from a climbing frame or a swing set, hanging moves work your abs through every plane of movement. Perform leg raises and window wipers to hit the core muscles your crunches will never reach.

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